My Service Inventory/My Service Journey

"Service and recovery...are not independent of each other. Both are part of the spiritual awakening that continues to guide us. The more willing we become to practice all of this program, the more progress we can make in recovering from the effects of another's alcoholism and in living our lives more fully."
(*When I Got Busy, I Got Better* [P-78], page 2)

This worksheet was designed to guide you through your thinking process as you consider what's next on your service journey.

Participating in a service role helps my recovery and improves my relationships.

A. Service Participation Inventory (answer questions that apply to you):

1. What is service in Al-Anon?
2. Have I been involved in service without knowing it at the time?
3. What Al-Anon service positions have I held so far?
4. What do I know about myself that led me to take these positions?
5. Did another Al-Anon member/Sponsor encourage me?
6. Did I know everything about fulfilling the position when I started? If not, how did I gather information?
7. Where do I see myself next on my service journey?
8. What do I know about myself that might lead me to take on these positions?
9. What do I know about these service positions?
10. What life experiences could assist me in my Al-Anon service?
11. How do I achieve balance while being of service?
12. Am I willing to rotate out of service positions to allow others to participate?
13. How do I prevent myself from becoming dominant in service?
14. Can I ask for help when I need help in service?
15. What do I see as the pros and cons about these positions?

B. Questions to consider before standing for the position:

1. Have I consulted my Higher Power?
2. Have I consulted my Sponsor and/or Service Sponsor?
3. Do I need to consult my family before making a decision?
4. Do I need to consult my employer?
5. Do I understand the duties of the position I'm interested in standing for? Do I know who to ask or what resources/references are available to increase my understanding of these duties?
6. Am I ready to make an informed decision?
7. Am I ready to make a commitment to this service position to the best of my ability?

C. Finding Ourselves Through Service:

Sometimes doing the right thing feels uncomfortable. Service gives us the opportunity to practice the principles of the Al-Anon program as an Al-Anon family. We learn to work through our fears and move out of isolation.

What fears do I have about taking on a service position? Who can I discuss my fears with? Some examples of fears might include:

- Fear of success
- Fear of taking on responsibility
- Fear of criticism
- Fear of rejection

1. How can service work decrease isolation?
2. Do I understand that I am not alone in any service role?
3. How can service work increase my understanding of the Al-Anon tools?
4. How can we play and have fun while doing service?
5. Am I able to trust that service will be a positive growth experience for me?
6. Do I realize that I do not have to be perfect in the service position?
7. What positive qualities do I contribute when I interact with others?
8. What can I learn about myself from a point of view that differs from mine in service?
9. How do I practice prudence of time and energy?
10. Do I allow people to become comfortable in service in their own time?
11. Am I reliable and trustworthy?
12. Am I able to presume goodwill when participating in service?
13. Do I take responsibility for my own feelings?
14. How can I apply the spiritual principles of the program during conflict resolution?
15. How do I fulfill my “primary spiritual aim” through service work?
16. Am I flexible and open-minded in service interactions?
17. What does “common welfare” mean to me?

This worksheet was created by John M. (Immediate Past Delegate of NCWSA*) for a workshop on: **Preparing for NCWSA Election Assembly** based on “When I got Busy, I Got Better” and printed in the Spring 2026 “12 Stepper” by NCWSA on pages 18 & 19.

*NCWSA – Northern California World Service Area