THE TONE

It's not so much what we say as the manner in which we say it.

It's not so much the words we use as the tone in which we convey it.

There are many kinds of TONES:

The angry tone

The condescending tone

The mean tone

The dominating tone

The look tone

The manipulating tone

The arrogant tone

The controlling tone

The attacking tone

The passive/aggressive tone

The silent tone

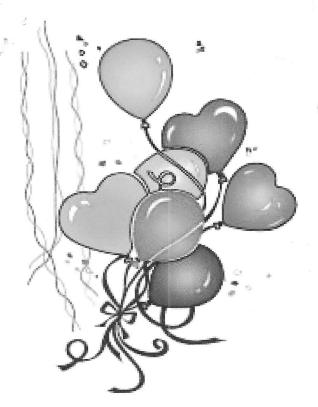
The are you stupid tone

THE WHINEY TONE

THE TONE, can pierce right through our skin, and tends to go right to the heart. Speaking with any of these tones in our voices can be very damaging. It usually causes bad emotional reactions that lead to arguments and hurt feelings.

Our tone of voice sets the stage for good communications or horrible communications. When we speak with a gentle, soothing, or helpful tone, we create an atmosphere of love towards one another, and make our home a nice place to be.

Tonight we will discuss how talking with a bad tone effects us, and the need to keep the tone out of our words and out of our voice.



Dr. Paul & Max Annual Couples Communication Workshop

Finding Common Ground though the Traditions

The Traditions serve as guidelines for establishing and maintaining good relationships, not only in our program groups but also with family and friends.

The First Tradition, Our common welfare should come first; personal progress for the greatest number depends upon unity," has helped me greatly in learning to deal with my family. Participating in meetings, in which our common welfare is an important condition of recovery, has enabled me to give voice to my own portion of the common welfare in family affairs. I've learned I have the right to initiate and contribute fully to discussions on matters concerning our common welfare.

Tradition Two, which states in part, "For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience," gives me guidelines to follow when I do speak up during family discussions. Stating my opinion once is appropriate; any more than that is an attempt at governing those around me.

Using my program experience of progress through unity, I have discovered a new level of patience in seeking common ground with family members. Although we don't always find that common

ground, I am thankful I can now do my part to allow the possibility.

Thought for the Day

Tradition One helps me experience the benefits of participation in my family as well as in Al-Anon. Tradition Two reminds me that although I am a participant, I am not in charge.

"Today I know that for unity to exist in my family or in my group, all of us must have a voice" (Paths to Recovery, Pg. 139)

The Tradition Couples Style:

Tradition 1 We surrender being a loner

Tradition 2 We surrender being the ultimate authority.

Hope For Today Alanon Family Groups Pg 133

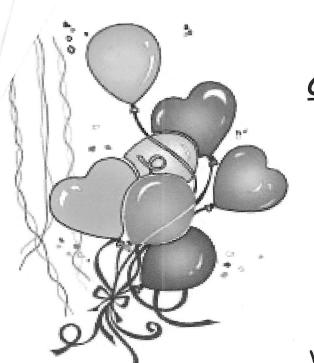
* NOTE TO LEADERS & PARTICIPANTS: Use the reading as a "jumping off point" Please feel free to share on the topic, as it relates to you

"Keeping HP In The Middle Of Our Relationship"

As we come together with various attributes, conflicts and personalities in our relationship, inviting a third party as a partner can be very beneficial.

"Both must walk day by day in the path of spiritual progress. If you persist remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances."

^{*}Big Book of Alcoholics Anonymous, p. 100, Third Edition



<u>Dr. Paul & Max Annual</u> <u>Couples Communication Workshop</u>

What Has Changed in You Because of Your Relationship?

When two people enter into a committed relationship they each bring in different ways of living their life. One may be an extrovert who loves being "out in front" leading the parade and the other may just like being on the curb watching. Each of us has a preferred way of functioning in life and the challenge is to learn how to live with the differences. In learning these differences we each may find a different way of approaching life that has helped us be more accepting of the other person's way of functioning.

As an individual in your relationship, what are the positive changes that have happened because of the differences?

What are some of the situations that you have been able to resolve?*

^{*} NOTE TO LEADERS & PARTICIPANTS: Use the reading as a "jumping off point" please feel free to share on the topic as it relates to you

^{*} by Debbie Hoover

Honoring Your Mate

1.	Welcome to the Honoring your Mate workshop. We are
& _	your leaders. Please join me in the Serenity prayer.

2. Please read the following (if you choose) to help get the meeting focused on the topic.

Dr. Paul O. wrote: "It hasn't been easy to work out this relationship with Max. On the contrary, the hardest place to work this program has been in my own home, with my own children and, finally, with Max. It seems I should have learned to love my wife and family first, the newcomer to A.A. last. But it was the other way around. Eventually, I had to redo each of the Twelve Steps specifically with Max in mind, from the First, saying, 'I am powerless over alcohol, and my homelife is unmanageable by me,' to the Twelfth, in which I tried to think of her as a sick Al-Anon and treat her with the love I would give a sick A.A. newcomer. When I do this, we get along fine."

- 3. Leaders share for 3 minutes each. Please try to keep on the topic. There is no cross talk.
- 4. Set timer for 3 minutes and then 1 minute if needed for closing.
- 5. Close with prayer.

Forgiveness and Trust + Expectations

1.	Welcome to	the Forgivness	and Trust workshop.	We are
	&	_ your leaders.	Please join me in the	Serenity prayer.

 Please read the following (if you choose) to help get the meeting focused on the topic.

FOR GIVENES JUNE 26

Forgiveness can be just a change of attitude. I came to Al-Anon full of bitterness toward the alcoholic in my life. When I realized that my bitterness hurt me more than anyone else, I began to search for another way to view my situation.

In time, I came to believe that my alcoholic loved one might be the messenger my Higher Power used to let me know that I needed to get help. It is not fair to shackle her with credit or blame for the amount of time it took for me to pay attention to that message. I chose to tolerate a great deal of unacceptable behavior because I was unwilling to admit that I needed help. I did the best I could with the tools and knowledge I had at hand, and I believe that she did too. Eventually the message got through. I made it to the rooms of Al-Anon, and my life changed in miraculous ways. I don't deny that hurtful things were said and done along the way, but I refuse to carry the burden of bitterness any further. Instead, I am grateful for what I have learned.

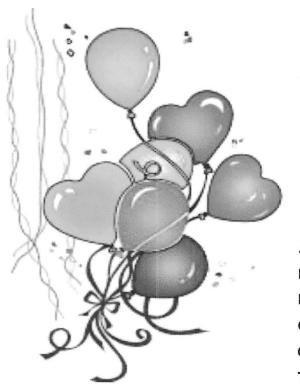
Today's reminder

I will not allow old resentments to drag me down any longer. I am building a better and more loving life today.

"Forgiving is not forgetting, it's letting go of the hurt."

Mary McLeod Bethune

- 3. Leaders share for 3 each.
- 4. Set timer for 3 minutes and then 1 minute if needed for closing.
- 5. Please try to keep on the topic.
- 6. Close with prayer.



Dr. Paul & Max Annual Couples Communication Workshop

Keeping the Spark Alive

Acceptance has been the answer to my martial problems. Max and I have been married now for thirty five years. Prior to our marriage when she was a shy scrawny, adolescent, I was able to see things in her that others couldn't necessarily see - things

like beauty, charm, gaiety, a gift for being easy to talk to, a sense of humor, and many other fine qualities. It was as if I had, rather than a Midas tough which turned everything to gold a magnifying mind that magnified whatever it focused on. Over the years, as I thought about Max good qualities grew and grew, and we married and all these qualities became more and more apparent to me, and we were happier and happier.

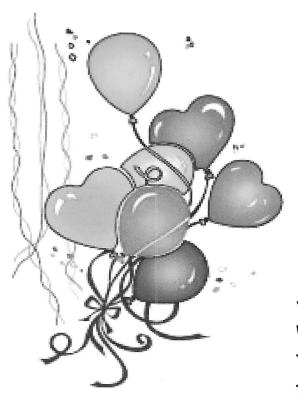
(Doctor, Alcoholic, Addict - Big Book)

In our relationship keeping things fresh and alive is work. Focusing on the positive and moving forward is work. Now Let Get to Work,

What are ways to keep things fresh and the spark alive in your relationship?

Write them on the Easel Pad if you like

We will hang the pages in Pineview so all can learn.



Dr. Paul & Max Annual Couples Communication Workshop

Courtesy - Keeping our Relationship off Cruise Control

Suppose, in taking a break from my whirling thoughts, I settle down quietly to think about the word "courtesy." It means far more than mere politeness; you can be

polite without an iota of personal love. Courtesy, on the other hand, is an expression of love, warm concern for the other person's comfort, peace of mind and well-being. Even giving directions to a confused stranger can be act of courtesy, if I take the trouble to be explicit and reassuring.

The practice of courtesy in the home gives us many opportunities each day to convey our love in little ways. Yet we often overlook it in routine contacts with those we love.

Today's Reminder

I will take every opportunity to be courteous to those nearest me, as well as those outside my orbit. The warmth and kindness of courtesy will take the sting out of resentments, and give dignity and importance to the members of my household, making them feel secure and loved.

• One Day at a Time - Alanon Family Group Pg 159

**Note to Leader & Participants: Use the reading as a "jumping off point" please feel free to share on the topic as it relates to you.

Fighting Fair - Resolving Conflict Workshop

1.	Welcome to the F	ighting Fair - Resolvin	g Conflict worksho	p. We are
	&	your leaders.	Please join me in	the Serenity
	prayer.		-	•

2. Please read the following (if you choose) to help get the meeting focused on the topic.

Dr. Paul O. wrote: "Today, Max and I try to communicate what we feel, rather than what we think. We used to argue about our differing ideas, but we can't argue about our feelings. I can tell her she ought not to think a certain way, but I certainly can't take away her right to feel however she does feel. When we deal in feelings, we tend to come to know ourselves and each other much better."

- 3. Leaders share for 3 minutes each.
- 4. Set timer for 3 minutes and then 1 minute if needed for closing.
- 5. Please try to keep on the topic.
- 6. Close with prayer.

Resolving Conflict Workshop

1.	Welcome to the Resolving Conflict workshop. We are	
&	your leaders. Please join me in the Serenity prayer.	

2. Please read the following (if you choose) to help get the meeting focused on the topic.

Unresolvable Issues

Every couple has an issue that appears to unresolvable. No matter how often it has been talked about, or what solutions have been tried, the problem did not go away. Here is where the program can really help. In our addiction and codependency, we tried harder to solve a problem only to have the situation worsen. However, when we admitted our powerlessness and sought help, we were able to make progress. Similarly, part of a First Step as a couple is to recognize powerlessness over that "unresolvable issue." By admitting the issue, a couple can gain support form others who have experienced similar patterns in their recovery. The starting point is to remember that our illness is a family illness.

Our commitment today

Today we will discuss one of our unresolvable issues and commit to seeking support. We will remind each other that we are not alone in having difficult issues which refuse to go away.

My commitment today

Today I will be patient with our partnership and remember that my powerlessness persists in my relationships as well.

- 3. Leaders share for 3 minutes each.
- 4. Set timer for 3 minutes and then 1 minute if needed for closing.
- 5. Please try to keep on the topic.
- 6. Close with prayer.

Honoring your Mate Workshop

Serenity Prayer.	١.	Welcome to the Honoring your	Mate Workshop	. We are	us in	the
		Serenity Prayer.	your leaders.	r lease join	uo III	

2. Please read the following (if you choose) to help get the meeting started and focused on the topic.

"People with usually good dispositions have no difficulty being courteous to strangers and friends. It is when our strong emotions are involved that we swing to the limits of the pendulum—extremes of demonstrating affection or disapproval. We are so deeply involved that we treat those closest to us as though they were part of us; when they do things that do not please us, we fight them instead of fighting our own shortcomings.

"Keeping in mind the one word 'courtesy' helped to remind me that my husband is other things besides a husband. He is a man, a person, an individual; he is a man who does a job, earns a living. He is a helping hand to troubled people in AA. He is a person whose life experience is totally different than mine; he has a mind, a soul, a set of emotions – unique in every way. He is a person to be respected, to be considerate of, to treat always with courtesy.

"From my observation of many marriages, even quite happy ones, there is very little real courtesy, that deference which we owe to every human being, and particularly to those we love. There may be intimacy, togetherness, but what you rarely find is this particular, unsmothering attitude of courtesy.

"It seems like such a little thing, but it worked for me in changing my whole viewpoint about my husband and our marriage. The thought came to me when a friend lent me a book, THE PROPHET, by Kalil Gibran, in which he speaks of marriage in this way:

'Let there be spaces in your togetherness. Love one another, but make not a bond of

love. Give one another of your bread, but eat not from the same loaf."

"I have learned that courtesy generates courtesy. It makes you more pleased with yourself. It makes others, particularly those near to you, reconsider their own attitudes. "It has worked for me. It may work for you if you have the goodwill and patience to try it."

From: The Dilemma of the Alcoholic Marriage

- 3. Leaders share for 3 minutes each.
- 4. Set timer for 3 minutes and then 1 minute for closing.
- 5. Please try to stay on the topic.
- 6. Close with Prayer.

Letting My Partner Have His/Her Feelings

A man can commonly feels attacked and blame by a woman's feelings, especially when she is upset and talks about problems. He mistakenly assumes she is telling him about her feelings because she thinks he is somehow responsible or to be blamed. Because she is upset and she is talking to him, he assumes she is upset with him. When she complains he hears blame. Many men don't understand that women needs to share upset feelings with the peolple they love.

Women can learn how to express they feeling without having them sounding like blame by when she expresses her feelings she pauses after a few minutes of sharing and tell him how much she appreicates him for listening. She could say some of the following comments:

I'm sure glad I can talk about it.
It sure feels good to talk about it
I'm feeling so relieved that I can talk about it.
I'm sure glad I cam complain about all this. It makes me feel so much better.
Well, now that I've talked about it I feel much better. Thank you.

This simple change can make a world of difference. In this same vein, as she describes her problems she can support him by appreciating the things he has done to make her life easier and more fulfillling. For example, if she is complaining about work, occasionally she could mention that it is so nice to have him in her life to come home to.

Good communication requires participation on both sides. A man needs to work at remembering that complaining about problems does not mean blaming and that when a woman complains she is generally just letting go of her frustrations by talking about them. A woman can work at letting him know that though she is complaining she also appreciates him.

women don't think of giving appreciation because they assume a man knows how much

The Healing Power of Laughter Workshop

Welcome to The Healing Power Of Laughter Workshop. We are &your leaders. Please join us in the Serenity prayer.
Please read the following (if you Choose) to help get the meeting started and focused on the topic.
"Before my recovery from alcoholism began, laughter was one of the most painful sounds I knew. I never laughed and I felt that anyone else's laughter was directed at me. My self-pity and anger denied me the simplest pleasures or lightness of heart. By the end of my drinking not even alcohol could provoke a drunken giggle in me. When my AA sponsor began to laugh and point out my self-pity and ego-feeding deceptions, I was annoyed and hurt, but it taught me to lighten-up and focus on my recovery. I soon learned to laugh at myself and eventually I taught those I sponsor to laugh also. Every day I ask God to help me stop taking myself too seriously. " Taken From: Pass It On

- 3. Leaders share for 3 minutes each. Please try to stay on the topic. There is no crosstalk.
- 4. Set timer for 3 minutes and then 1 minute for closing.
- 5. Close with prayer.