

# Stepping Stones to Detachment

A detachment workshop in Tacoma using Alanon Principles

Join us in our ninth annual detachment workshop. With Al-Anon recovery and detachment principles over-arching, four subject areas have been suggested to our panelists: **"Expectations"** - We make ourselves feel victimized and helpless by harboring unrealistic expectations of ourselves and others, or by confusing expectations with needs and insisting that they be met. Attaching our well-being to another's action or outcomes makes that person or situation a kind of higher power; **"Personal Boundaries"** - We have become enmeshed with another person's problems, lost the knowledge that we are separate individuals and confuse this absence of personal boundaries with love. Preoccupied with the lives of others, our behavior is motivated by fear. Not only is it harmful to a relationship to hover anxiously or suspiciously over a loved one, it is also extremely self-destructive.; **"Forgiveness"** - Resentment will do nothing except tear us apart inside. No one



ever found serenity through hatred.... Hostility keeps us tied to the abuses of the past.... We forgive for no one but ourselves. Lingering resentments are like acid eating away at us; and **"Taking Care of Ourselves"** - Addiction is a threefold disease---physical, mental and spiritual. Many of us have neglected our health on all three of these fronts, so our recovery from the effects of addiction must be three-fold as well.

## 4 panels, 16 speakers, Audience Q&A

Relax in a meditative urban oasis. Coffee, tea, munchies provided; please bring a potluck dish to share, or visit a nearby restaurant during the lunch break. There is no fee; the Seventh Tradition will be observed.

Hosted by **Tacoma All-Men's Al-Anon Family Group** with much help gratefully acknowledged! E-mail Ken P. at [witko65pfirsich@gmail.com](mailto:witko65pfirsich@gmail.com) / 253-389-8765 with questions or to pitch in and assist!!

**Directions:** From I-5, exit westbound South 38th Street. Go approximately four blocks west to stoplight at Pine Street. Turn left (south), go one block to South 39th Street. Turn left (east) on South 39th Street and uphill to dead end, Friends Meeting Hall is on right.

**Handicap Access:** Level access (no steps) parking/offloading at the entrance.

