

## What if I'm Not Ready to Go To A Meeting?

---

There are a variety of reasons why people are reluctant to attend their first meeting.

First, they're so deeply engaged in trying to cope with a stressful situation that it's hard to break away from engrained patterns of behavior.

On the one hand, we know that any possible solution is likely to be found somewhere we haven't yet looked. But on the other hand, it can be worrisome to try something that seems entirely new.

Many Al-Anon members struggled for many years with the difficult challenges of coping with the effects of alcoholism. It's often easier to envision continued difficulties than a positive solution. That's why it's easy to think of so many reasons not to attend an Al-Anon meeting.

If you feel anxiety about attending an Al-Anon meeting, you're not alone. Many people have felt that way. But overcoming that reluctance is an opportunity for personal growth, the first of many that the Al-Anon program offers. It's the first step on the road to recovery.

Don't worry about whether or not you want to become a "member." Just visit a variety of different meetings to gather information—to hear how the people there handle their issues with alcoholics. It may be that some of their experiences will be helpful to you.

### Al-Anon Family Groups Headquarters, Inc.

---

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617

**Telephone:** (757) 563-1600

**Email:** [wso@al-anon.org](mailto:wso@al-anon.org)

**Website:** [al-anon.org](http://al-anon.org)

**Local Website:** [so-az-alanon.org/](http://so-az-alanon.org/)

## Al-Anon Family Groups

---

## Southeastern Arizona Meeting List

---

**District 5 — Virtual,  
Benson, Bisbee, Morenci,  
Safford and Sierra Vista**

---

## Has Your Life Been Affected By Someone Else's Drinking?

The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered "Yes" to any of these questions, Al-Anon may be able to help.

## Meetings in Southeast AZ

### Monday

4:00 PM

SV All New Beginnings AFG (Face to Face)  
Serenity Club 5049 S Hwy 92 Sierra Vista  
*Families, Friends, Observers and Alateen Welcome*

6:00 PM

New Way of Living AFG (Virtual)  
Zoom: ID 892 9102 6549 Passcode: 123456  
*Families, Friends, Observers Welcome*

### Tuesday

5:30 PM

New Life AFG (Face-to-Face)  
Church of New Beginnings  
16759 N Hwy 191, Morenci  
*Families, Friends, Observers Welcome*

6:00 PM (Hybrid)

Serenity Seekers AFG  
House of Hope Resource Center  
640 W. 1st St. Safford  
Zoom: 456 450 186 Passcode: Serenity  
*Families, Friends, Observers and Alateen Welcome*

### Wednesday

6:00 PM

Keep it Simple AFG (Face to Face)  
Serenity Club 5049 S Hwy 92 Sierra Vista  
*Families, Friends, Observers and Alateen Welcome*

### Thursday

12:00 PM

One Minute at a Time AFG (Virtual)  
Zoom: 810 7842 9401 Passcode: 123456  
*Families, Friends, Observers Welcome*

### Friday

6:00 PM

New Beginning AFG (Face to Face)  
Grace Chapel 1050 S. Post Road, Benson  
*Families and Friends Only*

### Sunday

3:30 PM

Plan B AFG  
Trinity Methodist Church  
216 Arizona St. Bisbee  
*Family, Friends and Observers Welcome*

