



Summary of the Group Representative Survey- 2025

69 responses 7-14-25



1. Is this your first, second, or third year as a GR? First: **27** Second: **16** Third: **25**
2. Does your District hold regularly scheduled meetings?
Yes: **60** No: **6** Don't know: **1** No District Representative (DR): **2**
3. Were you able to attend the Spring Assembly? All 3 days: **27** Fri and Sat.: **5** Sat. & Sun: **3** Only Saturday: **6** Virtually Sat.: **7** No: **21**
4. If you weren't able to attend, why not? Health: **6**, Schedule: **11**, Driving distance/time: **5**, Limited Group financial support: **2**, Unaware could attend virtually: **1**, (hotel issues: **1**)
5. As a GR, are you feeling support by: DR: **75%** Service Sponsor: **27%** Area Officers/ Coordinators: **60%** Past Delegates: **43%** Other members: **88%** Not feeling supported enough: **5%**
6. Suggested on how you could be more supported: (32 responses)
 - ("No DR"- 5 responses): Not confident I'm getting the knowledge/info I need; Don't know what's required of me; Maybe a Zoom with someone in Area to check in with GRs?; A DR would be great if we had one. Perhaps a past delegate?; Our district should have meetings and we should have an elected DR who attends Assemblies; a way to manage without a DR
 - So much to learn and understand. Acronyms are not explained; Make people aware of the need for service; More notice on events dates to attend.
 - It used to be you could easily find the official email addresses on the Area website. If they are still there they are really hidden. It would be nice when trying to communicate with DRs and Area officers to have their contact info easily accessible on the website.
 - They are doing great; Things are going well for my group; Just be available for guidance; I would like to know Area Officers/ Coordinators and Past Delegates on a personal level
 - I am very grateful for the support that I'm receiving from everyone. I also know that it's OK to ask questions, especially from members who have gone before me.
 - As the GR of an electronic group many of my groups' needs differ from those of F2F meetings. I'd like a forum for GRs and maybe a subset for GRs of electronic groups.
 - My group isn't very supportive or engaged in the larger district or group conscious meetings.
 - My GR experience has been 'learn as you go'. No real direction provided other than the GR overview in the service manual & my Al-Anon experience. I started in January, which I'm guessing is common. Consider a Zoom GR orientation in January to review responsibilities, and answer questions. This is offered Friday evening of Area Assemblies, but that didn't happen until March, and I wasn't able to attend in-person. Food4thought.
 - Could DRs make their meetings more public (via web) so GRs with no DRs could attend? Perhaps past delegates could take turns leading discussion or workshop via zoom open to all GRs on a monthly basis?
7. What topics would you like to have covered in a separate Zoom GR meeting & /or during an Area Assembly? (Check all interested in) (63)
 - Tips on conducting an Al-Anon Business Meeting; What is a Group Conscience (**59%**)

- *Understanding/Using the Traditions/Concepts (44%)*
- *What is a Service Sponsor (44%)*
- *Al-Anon/Alateen Service Manual / other service related materials (39%)*
- *Public Outreach: How is this done? Who can do it? ; KBDM (36%)*
- *Accessing information from Al-Anon websites. (34%)*
- *Links of Service; Info re what Area Officers/Coordinators do (33%)*

8. From the topics in Question 7, which three would you like to have addressed first? (53)
- Al-Anon business meeting & Group Conscious (**highest interest**)
 - Service Manual; Traditions/Concepts (**next highest interest**)
 - Service Sponsorship; What do Area Officers and Coordinators do?; Links of service
 - Conflict Resolution tools; KBDM
 - Public Outreach; outreach to Alateens
 - Accessing/using Al-Anon websites; Service materials; CAL materials & process
9. Are there topics in Question 7 you believe are better discussed at the District level? (41)
- Safety in meetings; Conflict resolution (my district meetings don't feel safe due to dominance)
 - Group Conscience; 7th Tradition/ample reserve; Conducting business meetings
 - Public Outreach; Alateen
 - KBDM; CAL ; Using Traditions and Concepts
 - None, since not all Districts have DRs
 - I have questions about certain sensitive topics and don't know where/who to talk to?
 - All levels of service should have the primary goal of supporting the groups & GRs
 - I'd like some topics to be covered either in an Area Zoom meeting or 2, or at the Assembly. Or maybe a District can take on a topic, but have the Zoom open for other GRs?
10. Do you have other Al-Anon topics that you would like more information about? (35)
- Have workshops at Assemblies with information from Service Manual utilizing Al-Anon group format, not like so many groups using an AA format.
 - Building group membership by public outreach, particularly in rural Colorado
 - Home Group & GR Best Practices; Encouraging service work and Sponsorship
 - Fundraising "techniques"
 - Try to limit "analysis paralysis." OMG!!! - can delegates, officers and members go on and On and ON!!! about minutiae when simplicity can win the day!
 - What to do if you have a "Karen" in the group that is causing everyone to be uncomfortable; How to use the Al-Anon principles when dealing with difficult members?
 - Mental Health and Al-Anon
 - Rotation of leadership/dominance - What to do when a trusted servant's term is over and they just don't want to step aside; How to bring information to groups & spark interest in service.
 - How to access speaker meetings from the WSO or Colorado archives; Technological support-- for example: adding a link to the group chat for the district newsletter
 - More info about Al-Anon as a world wide fellowship and how WSO supports growth on a wider level
 - Assistance to GRs to get to assemblies that are over 100 miles away from where they reside. These should be discussed at the district level.; Tips to increase attendance/participation at District meetings.

