

Self Help Group Observational Sheet

Date: _____ Your Name: _____

Program Attended: _____

Type & Location of Meeting: _____

Day & Time of Meeting: _____

PLEASE ANSWER ALL OF THE FOLLOWING QUESTIONS AND BE PREPARED TO DISCUSS.

(Please do not identify other people in attendance at the program/meeting you attended by name)

1. What was most interesting about the program/meeting you attended? What was the least interesting?
2. Did a speaker say anything with which you could identify? What was it? Were your experiences with alcohol and/or other drugs similar or different from what was shared?
3. Did a speaker say anything which irritated you or with which you disagree?
4. Was there anything said which changed how you view alcohol and/or other drugs?
5. If you attended an AA Meeting, all of the speakers called themselves alcoholics. What was said that could be called alcoholic drinking? If you attended an NA Meeting, what do you recall about what it meant to be an addict or to have an addiction? If you attended an Alanon Meeting, what behaviors defined the alcoholic in their lives?
6. When you think of an alcoholic or an addict, what comes to mind? (List three things)
7. How would a person know if they were dependent on alcohol or other drugs?