

Frequently Asked Questions

Q: What is the difference between a closed meeting and an open meeting?

A: Closed meetings are for individuals who have a desire to stop drinking. An open meeting is for anyone who is interested in the program of Alcoholics Anonymous.

Q: How should I introduce myself in a meeting?

A: We always introduce ourselves each time we speak. Individuals may use different variations, but it should include your name and that you are an alcoholic. For example, "Hi, I am John. I am an alcoholic." or "John. Alcoholic." or "Hi. John. Alcoholic."

Q: Should I share my last name?

A: That is entirely up to you. Alcoholics Anonymous believes in anonymity and typically, individuals will introduce themselves by first name only or first name and last initial.

Q: Do I have to share at meetings?

A: Whether you share at meetings is entirely up to you. You may pass if you have nothing to share. However, as you gain more time in sobriety, you may find it helpful to share your experience, strength and hope.

Q: Why does everyone say "for me" when sharing?

A: When sharing it is important that speak to our own experiences. People will often use the phrase "for me" to emphasize they are speaking for themselves only.

Q: What does it mean to "cross-talk" and is it allowed in meetings?

A: Cross-talk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time. We are there to talk about our own experiences not provide advice to others. It is typically not allowed in meetings.

Q: What is a sponsor and do I have to have one?

A: You do not have to have a sponsor to attend AA meetings. However, it is strongly suggested to get one of the same sex. Your sponsor will share their experience, strength, hope with you, and help guide you through the 12-steps of recovery.