

GR WORKSHOP:

1. Share why you became a GR

- **-Called to create new meeting**
- **-Someone asked**
- **-Volunteered cause group small**
- **-Nobody else would do it**
- **-Doesn't want AI-Anon to die**
- **-Most people were "drafted"; no one else stepped up they were told "you can do this, we will help you";some volunteered**
 - **saw service as part of their program.**
- **-Found voice -Had time**
- **-Outgoing GR -Alternate GR**
- **-Apprentice to GR a little at a time**
- **-Outgoing GR -fun**
- **-Example -other GRs**
- **-Trust/willing to learn**
- **-Service sponsor**
- **-Wanted to give back**
- **-Opportunity for personal growth**
- **-Volunteered by fellow member**
- **-Curiosity**
- **-Wanted to amp up recovery**
- **-Group never had a rep.**
- **-Felt urge from Higher Power**
- **-Somebody had to do it**
- **-Extrovert- Service Work helps recovery**
- **-GR assigned from Alternate Rep**
- **-Somebody asked me (GR and group members)**
- **-Dying meeting -re-elected to keep helping group**
- **-Group never had a rep**
- **-I was told**
- **-Was less confusing than ????**
- **Commitment to AI-Anon meetings**
- **Solidified friendships with AI-Anon people**
- **Helped me to practice program more in my life/work, etc.**
- **-Service kept me coming back**
- **-Higher Power told me to do it**
- **-Good for my development**
- **-Liked/wanted to be conduit of information to group**
- **-Made it less scary**
- **-Service made my program and attitude better**
- **-Help group and get information**
- **-Expand network of AI-Anon members**
- **-Get more involved in recovery**
- **-Heathy social**
- **-Drafted**
- **-Good idea**
- **-I wanted a different service job. Wanted to learn more.**
- **-Rotated into it. Liked social part of it.**
- **-Wanted to learn more about how AI-Anon worked.**

- **-Alternate GR wanted to be GR. A lot of friends are GRs.**
- **-Would help me to get to know more people in the program.**
Anchor the program; wanted to give back.
- **-To know what's going on**
- **-Was recruited**
- **-Filled an empty spot**
- **-Retired and focus -memory of service sponsor**
- **-To be involved**
- **-No GR -another way to be involved**
- **-Wanted to put it into practice**
- **-Was asked very nicely -sounded good**
- **-I was lonely**
- **-I volunteered during an election**
- **-Filled long empty space**