

**HOW TO UNDERSTAND AL-ANON:
HOW NAGGING WORKS**
William Doverspike, Ph.D.
Drdoverspike.com

This article is one in a series about how Al-Anon works. Its purpose is to provide personal observations and a review of the literature that has been created and published by other authors. This article is educational in nature and is not intended for distribution, publication, or commercial use. Material cited or quoted in this paper is limited to the purposes of commentary, criticism, reporting, teaching, scholarship, or research in mutual-help groups.

The title of this article is simply one I use in the document filing system for my articles that I post. There are no implications contained herein that this article has received—or that the author has applied for—Al-Anon Conference Approval. I make no claim that the contents, opinions, or statements expressed herein are free of error. In fact, my opinions may be wrong. I welcome any corrections, deletions, or edits in terms of any empirical or factual inaccuracies.

As a preface to understanding Al-Anon, particularly for those who are unfamiliar with Twelve Step recovery programs, it may be useful to review how Al-Anon works. The “Suggested Al-Anon Preamble to the Twelve Steps” provides this brief description that is read at the opening of almost all meetings:

“The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.”

(Al-Anon Family Groups, 2022, p. 12)

Most newcomers come into the program frustrated by their inability to get another person to change. They have often tried everything from arguing, begging, blaming, complaining, nagging, needling, preaching, reasoning, threatening, and even yelling at the alcoholic—to no avail in terms of having an effect on the drinking. Sooner or later, newcomers discover that they must be the ones to change. However, even old-timers¹ face decisions related to enabling and helping, because sometimes helping can be hurting and enabling can be disabling. Many of these concepts and terms are not part of Conference Approved Literature.²

Preface

This paper is designed to be educational in nature and is not intended for distribution, publication, or commercial use. The paper is not intended to provide professional advice, diagnosis, or treatment. The reader is encouraged to contact a licensed mental health professional if professional advice is being sought. Material cited or quoted in this paper is limited to the purposes of commentary, criticism, reporting, teaching, or research in addiction. This paper provides a brief review of concepts that have been part of the field of addiction for so long that most of them have become conventional wisdom. Most of these ideas can be found in other sources that are cited at the end of the paper.

Nagging is one of the most common behaviors used in attempts to try to get another person to change their behavior, such as to stop drinking. It may begin innocently enough with giving unsolicited advice, which is often received as a form of criticism. The downward slide often involves suggesting, reminding, nagging, and controlling.³ To avoid the slippery slope toward nagging, it is useful to understand some risk factors and protective factors. Some of these factors are discussed below.

Righting Reflex

When people perceive a discrepancy between how things are and how they want them to be, they tend to be motivated to reduce the discrepancy if it seems possible to do so. It is as if the person is mentally saying, "When I see something wrong, I want to fix it." Psychologists William Miller and Stephen Rollnick (1991, 2013) describe this tendency as the *righting reflex*. It refers to the desire to fix what seems wrong with others and to set them on a better course, usually by giving them advice or directives.

In their landmark text, *Motivational Interviewing*, Miller and Rollnick point out that counselors who engage in the *righting reflex* ask exactly the wrong kinds of questions (e.g., "Why do you...?", "Why don't you just...?", or "Why can't you...?"). As a general rule, questions that begin with the word *why* are often perceived by the other person as critical or accusatory. The *righting reflex* may work fine when making edits on one's manuscript or picking up a piece of trash on a sidewalk. However, using the *righting reflex* or "trying to fix" another person often results in a form of behavioral and psychological resistance known as *reactance*. In a paradoxical manner, the *righting reflex* can create the resistance that one wants to avoid in the first place.

Reactance Theory

Psychologist Jack Brehm (1928–2009) worked with the renowned psychologist Leon Festinger, Ph.D. (1919–1989), who originated the theory of *cognitive dissonance*. Brehm's paradigm was the first dissonance study to be published.⁴ In 1966, he published his classic book, *A Theory of Psychological Reactance*.

Reactance theory predicts that a target behavior will increase if a person perceives that their personal freedom is challenged (Brehm, 1966, 2007; Brehm & Brehm, 1981). This process underlies the observation that a target behavior will typically increase if the person is directed to change the behavior.⁵ Behavioral reactance is often seen in action in response to signs such as "Keep off the grass."

Arguing, blaming, complaining, nagging, and needling are forms of attempting to control another person's behavior. Nagging a person has the effect of exacerbating rather than diminishing the problematic behavior. Thus, nagging a family member is likely to increase rather than decrease a target behavior such as drinking. In order to reduce nagging, it is helpful to understand some alternatives.

Principle of Least Interest

The *principle of least interest* refers to the idea that the person or group that has the least amount of interest in continuing a relationship has the most power over it (Waller, 1938, 1951). The term was introduced in 1938 by the sociologist Willard Walter Waller, Ph.D. (1899–1945) in his book *The Family: A Dynamic Interpretation*. Throughout his research, Waller found that power in a dating couple is almost never equally distributed between the two participants (Eslinger, Clarke, & Dynes, 1972; Strong, DeVault, & Cohen, 2010).

For a variety of reasons, one person will have more power in the relationship and will use this power to his or her advantage. If the relationship becomes too uneven in power, the person who receives less has less incentive to continue the relationship may eventually threaten to end the relationship unless the other person conforms to their demands. In a sense, it is how one person holds the other person hostage. This dynamic is often seen in alcoholism, in which the alcoholic seems to have more power in the relationship because he or she has less interest in the relationship.

One corollary to the principle of least interest is that the more invested we are in an outcome, the less invested the other person will be. Conversely, the less invested we are, the more invested the other party will be. Addiction counselors know that it is the client who should be the one arguing for change (Miller & Rollnick, 2013). Finding healthy ways to emotionally detach can be adaptive.

Loving Detachment

One approach to addressing problems created by the righting reflex is to become less interested than the other person. This state of being is called *detachment*, specifically, *loving detachment*. Practicing loving detachment refers to navigating by spiritual principles and by placing these principles above personalities. ⁶ DETACH is a reminder: “Don’t Even Think About Changing Him/Her.” The problematic action of “detaching with an axe” involves emotionally reacting, which is a form of enabling the problem behavior, in contrast to pausing before responding. ⁷ Taking a PAUSE is a reminder to Postpone Action Until Serenity Emerges.

One way to pause before responding is to use mental counting: “If I don’t know what to say, I can count to 10. If I do know what to say, I can count to 100.”⁸ It can be useful to recall the acronym THINK before responding: “Is what I am about to say Thoughtful, Honest, Intelligent, Necessary, and Kind?” If it does not meet all criteria, then it does not have to be said. It is also useful to consider these three points before speaking: (1) Does it need to be said? (2) Does it need to be said by me? (3) Does it need to be said by me now? ⁹

Bowen Theory

Murray Bowen, M.D. (1913–1990) was an American psychiatrist and a professor in psychiatry at Georgetown University. Bowen was among the pioneers of family therapy. His models are variously described as Bowen Theory. Psychiatrist Roberta M. Gilbert, M.D. provides a useful observation of Bowen system theory. Although Gilbert does not specifically address Al-Anon Family Groups in her books, her observation may help explain one of the reasons why the principles used in Al-Anon can help improve the family situation:

“If any family member can change his or her emotional functioning, provided he or she is present and accounted for within the family, the whole family will improve its functioning in response to that change. In the process, the clinical symptom or relationship problem present in the family will generally lessen. Such a viewpoint provides both solid rationale for *not trying to change others* and guidelines for *being part of the family without being part of the family problem*.”

(Gilbert, 1992, viii-ix).

The Three Cs

Donna Dale Carnegie (2005) uses the term The Three Cs as a way to remember her father’s advice: “Principle 1: Don’t criticize, condemn or complain” (Dale Carnegie, 1981, p. 17). If Donna Carnegie’s Three Cs could be listed in order of their deadly impact on relationships, the order would be as follows: (1) Complain, (2) Criticize, and (3) Condemn. Avoiding Carnegie’s Three Cs is essentially the same as Gottman and Silver’s (1999) advice regarding the negative Three Cs, which are often seen in troubled relationships: Complaints, Criticism, and Contempt (Gottman & Silver, 1994, 1999).

In contrast, the cornerstones of a strong relationship are more characterized by the positive Three Cs: Care, Compassion, and Concern (Doverspike, 2015, p. 321). To make relationships worse, use more complaints, criticisms, and contempt. To improve relationships, show more care, compassion, and concern.

Notes

1. Although Alcoholics Anonymous uses the endearing term *oldtimer* to refer to someone who has been in the program for a long time, Al-Anon eventually began using the politically correct term *longtimer*. By whatever name called, newcomers and oldtimers have unique values as reflected in the following adage:

“Newcomers tell me where I’ve been.
Oldtimers tell me where I am going.
And a sponsor tells me where I am.”
Anonymous

2. The designation as Al-Anon Conference Approved Literature (CAL) means that the publication has gone through a review process and has been approved for publication by Al-Anon Family Group Headquarters. The benefit of this type of editorial review is that the process assures readers that the published material is consistent with official Al-Anon philosophy and that it does not contain material that is contradictory to this philosophy or program.

The author also makes no claim that the contents, opinions, or statements expressed in this article are free of Al-Anon doctrinal error. The author asserts that this article is neither Al-Anon CAL nor has the author applied for Al-Anon editorial review. The article simply reflects the author’s perspectives and views which—because they are the author’s personal opinions—have the right to be wrong. The author welcomes any corrections in terms of any empirical or factual inaccuracies.

3. Steps to a Slip in Enabling

- ☒ Suggesting Saying it once *
- ☒ Reminding Saying it twice: Slip
- ☒ Nagging Saying it three times: Lapse
- ☒ Controlling Saying it four times: Relapse

* When listening to a friend, consider asking, “Are you wanting to share or are you wanting a suggestion?” Alternatively, a good question is, “Do you want advice or do you want me to only listen?”

4. Leon Festinger’s (1954, 1957) cognitive dissonance theory predicts that choosing between two similarly appealing options creates cognitive dissonance, which is a feeling of mental discomfort from holding conflicting beliefs or values. To reduce this discomfort or dissonance, individuals unconsciously rationalize their choice by increasing their positive view of the chosen item and decreasing their positive view of the rejected item. The *free-choice cognitive dissonance paradigm*, introduced in Jack Brehm’s dissertation, is a research method used to study how making a choice between similarly attractive options can lead to changes in how people evaluate those options, often attributed to the reduction of cognitive dissonance. In this paradigm, research participants initially rate their preference for a set of items. They are later asked to choose between two items they rated similarly. After making the choice, they re-evaluate the items. A “spreading of alternatives” is typically observed, in which the chosen item is rated more positively, and the rejected item is rated more negatively, even if the initial ratings were close.

5. By whatever name it is called, behavioral reactance has similarities to other concepts such as opposition reflex, polarity reversal, polarity response, and thigmotaxis.

Opposition reflex is a term that dog trainers use to refer to a dog's instinctive reaction to any physical pressure. When walking a dog on a leash, the dog will pull in the opposite direction. When pushing a dog, the dog will push back. This reaction is also important in horse training (Gore, 2004). The concept seems to have originated the Russian physiologist and 1904 Nobel Prize winner, Ivan P. Pavlov (1849–1936). Although Pavlov referred to this response as the *freedom reflex*, it is not actually reflex but an instinctive survival mechanism. Technically, this type of reaction is called *thigmotaxis* (from the Greek *thigma*, “touch,” meaning contact with an object, and *taxis*, “arrangement, order,” meaning reaction by movement). It is an organism's instinctive behavioral response to tactile stimuli, typically referring to an organism's movement in response to physical contact with objects, surfaces, or even liquids. *Negative thigmotaxis* occurs when an organism moves *away from* contact with surfaces or objects. It can be observed in animals that need to navigate open spaces or avoid areas where tactile stimuli indicate danger or discomfort. The opposition reflex in dogs and horses is a specific form of negative thigmotaxis. *Positive thigmotaxis* occurs when an organism moves towards or remains in contact with a surface or object. It is often seen in rodents and other animals seeking shelter or protection, because staying close to surfaces can reduce exposure to predators and environmental hazards.

Polarity response refers to a behavioral or verbal response that is the opposite of the response that was intended by the other person. Also described as a *polarity reversal*, “Polarity Responses are the behavioral dynamic at work in most instances of therapeutic ‘resistance.’ They also govern behavior labeled rebellion, subversion, and various forms of conflict within and between people. They are the constant in most political activity. When polarity reversal patterns are identified they can be easily predicted (Lankton, 1980, p. 84). In verbal communication, hypnosis, and neuro-linguistic programming, a *polarity responder* is someone who is constantly contrary, oppositional, stubborn, and tends to disagree with everything that is said. Polarity responders often do the opposite of what others ask them to do. Hypnotherapists and NLP practitioners often use a person's polarity response to move in a desired direction.

6. With regard to placing principles above personalities, “Practicing the principles is easy to say, but difficult to do. Dealing with difficult people is often a matter of attitude, expectations, perspective, and putting principles above personalities. The practice of putting principles above personalities usually means *responding* effectively rather than *reacting* emotionally” (Doverspike, 2023, p. 3). Remember the adage: “Respond rather than react.”

7. In the case of “axe” versus “ax,” “axe” is the preferred British spelling, whereas “ax” is technically the preferred American spelling. However, “axe” is still widely used in the U.S. and is still a correct way to spell the word.

8. I first heard the adage stated this way: “If you don’t know what to say, count to 100. If you do know what to say, count to 1000” (C. Walker, personal communication, October 26, 1996).

9. For many people, *detaching from* people, places, and things is more difficult than *attaching to* something else. *Letting go* of a person, place, or thing can be more challenging than *holding on*. Attaching to something else can involve an activity as simple as focusing on a door knob, politely leaving the room, or taking a healthy break. Attaching to a healthy activity can also involve reciting a prayer silently, writing a letter of gratitude, journaling for a few minutes, reading some literature, calling one’s sponsor, attending a meeting, taking a walk, or all of these activities. By learning to attach and hold on to some of these healthy activities, we learn how to let go. To let go does not mean to stop caring about someone; but to admit we can’t do for someone else what they must do for themselves.

The slogan “Let go and let God” is an adage that encourages us to release our worries and anxieties to God, trusting in His power and guidance. It involves letting go of the illusion of control, accepting that there are things outside of our control, and surrendering those situations to God’s will. It involves letting go of our will and striving for God’s will.

Acknowledgements

Gary Neidhardt. I would like to express my appreciation to author and historian Gary Neidhardt for providing information, inspiration, and insight into the early history of Alcoholics Anonymous and Al-Anon Family Groups. Gary is not only the author of several books that reflect meticulous research and eloquent command of the English language; he is one of the few excellent writers who can also write computer code.

Deborah Midkiff. I would like to express my appreciation to book editor, counselor, and spiritual director Deborah Midkiff, MS, NCC, SD, for providing text editing and proofreading of this manuscript. Because Deborah is an avid reader who has been assessed as having a 40,000 word vocabulary, she was also helpful in providing some margin notes with alternative word choices.

Resources

Al-Anon Family Group Headquarters. (n.d.). *Detachment* [S-19]. Virginia Beach, VA: Author. Available: <https://al-anon.org/pdf/S19.pdf>

This front and back handout contains useful tips for someone learning to practice detachment from the perspective of Al-Anon Family Groups.

Al-Anon Family Group Headquarters. (1970, 1972, 2000). *Three views of Al-Anon* [P-15]. Virginia Beach, VA: Author.

This 7-page pamphlet contains “An open letter from an alcoholic” (pp. 2-7) that is also summarized as a list of “don’ts” on page 10 of Al-Anon’s (2004) revised *A Guide for the Family of the Alcoholic* [P-7]. The information contained in the *Three Views of Al-Anon* [P-15] pamphlet is based on material from Reverend Joseph L. Kellermann, Former Director, Charlotte Council on Alcoholism.

Doverspike, W. F. (2011). *Addictions: Diagnosis and treatment* [PowerPoint slides]. Atlanta, GA: Richmond Graduate University.

The “Helping vs. Enabling” comparisons on page 1 are taken from a chart on Section 7 (Couple and Family Involvement) of the PowerPoint deck.

Doverspike, W. F. (2018). *Marital and family therapy: Key concepts and glossary terms*. http://drwilliamdoverspike.com/files/psi_marital_and_family_therapy_-_key_concepts_and_glossary_terms.pdf

This document is cross-referenced to this Word file: PSI Addictions Key Concepts and Glossary Terms: Marital and Family Therapy.doc. Both files are used in Dr. Doverspike’s Addiction Counseling classes, but neither file is exhaustive of key concepts and glossary terms related to addiction. Instead, the terms are related only to marital, family, and relational system factors in addiction.

Doverspike, W. F. (2022). *How to understand sobriety*. http://drwilliamdoverspike.com/files/how_to_understand_sobriety.pdf

References

- Al-Anon Family Group Headquarters. (2022, March 25). *2022-2025 Al-Anon/Alateen Service Manual* [P-24/27]. Virginia Beach, VA: Author. Pages 20–21. https://al-anon.org/pdf/P2427_online.pdf
- Baars, B. J. (2003). I. P. Pavlov and the freedom reflex. *Journal of Consciousness Studies*, 10(11), 19–40.
- Brehm, J. W. (1966). *A theory of psychological reactance*. New York, NY: Academic Press.
Jack Brehm (1928–2009) earned his Ph.D. at the University of Minnesota, working with the renowned psychologist Leon Festinger, Ph.D. (1919–1989), who originated the theory of *cognitive dissonance*. Brehm's research for his doctoral dissertation established the *free-choice cognitive dissonance* paradigm and was the first dissonance study to be published.
- Brehm, J. W. (2007). A brief history of dissonance theory. *Social and Personality Psychology Compass*, 1(1), 381–391.
- Brehm, S. S., & Brehm, J. W. (1981). *Psychological resistance: A theory of freedom and control*. New York, NY: Academic Press.
Sharon Stephens Brehm, Ph.D. (1945–2018) was a professor of psychology at the University of Kansas. She also served as president of the American Psychological Association. She met Jack Brehm, Ph.D. when she went to work for him as a graduate assistant. They were married in 1968, divorced several years later, and continued to work together and even co-authored a book. Jack constructed the theory of reactance, and Sharon adapted it to the clinical psychology setting.
- Carnegie, Dale (1981). *How to win friends & influence people* (Rev. ed.). New York, NY: Pocket Books. (Original edition published October 1936).
- Carnegie, D. D. (2005, January 1). *How to win friends and influence people for girls*. London, UK: Vermilion.
This version published January 5, 2006 by Vermilion (first published June 2, 2005). Ebury Publishing is a division of Penguin Random House in the UK, and under its umbrella are several imprints including Vermilion.
- Carnegie, Donna D. (2005, June 2). *How to win friends and influence people for teen girls*. New York, NY: Simon & Schuster.
See also Donna Dale Carnegie (2006), published by Vermilion under the title *How to Win Friends and Influence People for Girls*.
- Doverspike, W. F. (2015). *Risk management: Clinical, ethical, and legal guidelines for successful practice* (2nd ed.). Sarasota, FL: Professional Resource Press.
- Doverspike, W. F. (2023, June 06). *How to navigate by spiritual principles*. https://drwilliamdoverspike.com/files/how_to_navigate_by_spiritual_principles.pdf
- Doverspike, W. F. (2024, October 29). *How to understand Al-Anon: Enabling and helping*. https://drwilliamdoverspike.com/files/how_to_understand_al-anon_-_enabling_and_helping.pdf

- Eslinger, K., Clarke, A., & Dynes, R. (1972). The principle of least interest, dating behavior, and family integration settings. *Journal of Marriage and Family*, 34(2), 268-272. <https://doi.org/10.2307/350797>
- Festinger, L. (1954, May). A theory of social comparison processes. *Human Relations*, 7(2), 117-140. <https://doi.org/10.1177/001872675400700202>
- Festinger, L. (1954, May). A theory of social comparison processes. *Human Relations*, 7(2), 117-140. <https://doi.org/10.1177/001872675400700202>
- Festinger, L. (1957). *A theory of cognitive dissonance*. Redwood City, CA: Stanford University Press.
- Gilbert, R. (1992). *Extraordinary relationships: A new way of thinking about human interactions*. New York, NY: John Wiley & Sons.
- Gilbert, R. (2004). *The eight concepts of Bowen therapy: A new way of thinking about the individual and the group*. Basye, VA: Leading Systems Press.
- Gore, R. (2004). *Opposition reflex in horses. Think Like A Horse*. https://www.thinklikeahorse.org/horse_opposition_reflex.html
Rick Gore is a horseman from Sanger, Texas, whose website contains hundreds of articles and 2,000 videos in which he discusses horse and herd behavior, horsemanship, and other horse topics and wisdom. For additional information, see his website located at this link: <https://www.thinklikeahorse.org/>
- Gottman, J., & Silver, N. (1994). *Why marriages succeed or fail: What you can learn from the breakthrough research to make your marriage last*. New York, NY: Simon & Schuster.
- Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. New York, NY: Three Rivers Press.
- Lankton, S. R. (1980). *Practical magic: A translation of basic neuro-linguistic programming into clinical psychotherapy*. Cupertino, CA: Meta Publications.
First published in 1980, this book is still considered the basic primer for understanding Neuro-Linguistic Programming (NLP). The author demonstrates all the basic techniques for change and relates these to other established schools of psychotherapy. Stephen R. Lankton, MSW (b. 1947) is a psychotherapist, consultant, and trainer. He is the current Editor-in-Chief of the *American Journal of Clinical Hypnosis* (2005-2025).
- Miller, W. R., & Rollnick, S. (1991). *Motivational interviewing: Preparing people to change addictive behavior*. New York, NY: The Guilford Press.

Miller, W. R., & Rollnick, S. (2013).
Motivational interviewing: Preparing
people for change (3rd ed.). New York,
NY: The Guilford Press.

Strong, B., DeVault, C., & Cohen, T. F. (2010,
February 19). *The marriage and family
experience: Intimate relationship in a
changing society*. Belmont: CA: Cengage
Learning.

Waller, W. (1938). *The family: A dynamic
interpretation*. New York, NY: Cordon
Company.

Waller, W. (1951). *The family: A dynamic
interpretation*. New York, NY: Holt,
Rinehart and Winston.

Correct Citation for Reference Entry

The reference entry correct citation styles for this document are illustrated below. Students should defer to the style preferences of their individual course instructors to determine whether the course instructor has preferences that are more specific than those shown below:

American Psychological Association

Doverspike, W. F. (2025, August 15). *How to understand Al-Anon: How nagging works*.
<https://drwilliamdoverspike.com/>

Chicago Manual of Style / Kate Turabian

Doverspike, William, "How to Understand Al-Anon: How Nagging Works," Aug. 15, 2025.
<https://drwilliamdoverspike.com/>

Note: According to the Chicago Manual of Style, blog posts are typically not included in bibliographies, but can be cited in the running text and/or notes. However, if a blog is cited frequently, you may include it in the bibliography.

Modern Language Association

Doverspike, William F. "How to Understand Al-Anon: How Nagging Works," 15 August 2025 [Date accessed]

Note: MLA guidelines assume that readers can track down most online sources by entering the author, title, or other identifying information in a search engine or a database. Consequently, MLA does not require a URL in citations for online sources such as websites. However, some instructors still ask for it, so check with your instructor to determine his or her preference.

Documentation

This document is cross-referenced to a portable document file (PDF) published from this Word document file: How to Understand Al-Anon - How Nagging Works.doc

Server path:

https://drwilliamdoverspike.com/files/how_to_understand_al-anon_-_how_nagging_works.pdf

Server file name:

how_to_understand_al-anon_-_how_nagging_works.pdf

Website tab: Practice [Popular Articles]

Link name: How to Understand Al-Anon: Nagging

Addictions Course Presentation Deck:

Doverspike, W. F. (2010). *Addictions counseling: Couple and family involvement* [PowerPoint slides]. Atlanta, GA: Richmond Graduate University.

Workshop Presentation Deck:

Doverspike, W. F. (2011). *Addictions: Diagnosis and treatment* [PowerPoint slides]. Atlanta, GA: Richmond Graduate University.

Webinar Presentation Deck:

Doverspike, W. F. (2011). *Addictions: Diagnosis and treatment* [PowerPoint slides]. Atlanta, GA: Richmond Graduate University.

Workshop Handouts: N/A

Published Aug. 15, 2025 | Last updated Aug. 15, 2025

Copyright © 2025 by William F. Doverspike, Ph.D.
Content last updated 2025.

The correct citation for this article is Doverspike, W. F. (2025, August 15). *How to understand Al-Anon: How nagging works*. <https://drwilliamdoverspike.com/>