

AL-ANON FACES ALCOHOLISM



HELP AND HOPE

FOR FAMILIES AND FRIENDS OF ALCOHOLICS

I Found My True Self



I Have Hope



As We Share, We Heal

FREE
TAKE-A-HOME COPY

Statement of Purpose

Al-Anon Faces Alcoholism includes articles by Al-Anon members and professionals who share their personal perspective on how Al-Anon Family Groups can help people troubled by someone else's drinking.

Al-Anon cooperates with therapists, counselors, and other professionals, but is not affiliated with and does not endorse any organization or professional. Articles written by Al-Anon members do not speak for Al-Anon as a whole; they only reflect the author's personal experience with Al-Anon Family Groups.



Anonymity in this Publication

In keeping with Al-Anon's tradition of anonymity, stories from members do not include their full names. No one whose picture appears in this publication is a member of Al-Anon or Alateen.



Al-Anon Faces Alcoholism. All rights reserved. Excerpts from this publication may be reproduced only with the written permission of the publisher.

Dear Reader,

As I write this article, I have spent a third of my life attending the Al-Anon Family Groups program. That's a third longer than I would have estimated my total lifespan to be when I walked into my first meeting. That day I was desperate to find peace because the only solution I saw was suicide. I wanted an answer to why I kept repeating self-destructive behaviors. While I did not find an "answer" that first meeting, I did find relief. I met people who shared familiar feelings and experiences and I realized they had a solution which gave me hope.

At the time I joined, I was not married to an alcoholic and I wasn't trying to solve someone else's problem. I had grown up in the family disease of alcoholism. The alcoholism in my family background had provided the foundation for negative patterns of behavior in my life, which haunted me until I came to Al-Anon Family Groups.

It was my counsellor's recommendation that I "find support from people other than those involved in my immediate drama" that led me to Al-Anon. She felt I had grown significantly through counselling but that I needed a support system to sustain my efforts between sessions. So, I researched and found the questions on the Al-Anon website to which I answered mostly, "Yes." Still I was concerned I wouldn't belong.

What I discovered at that first meeting in Canada, and throughout my later experience at meetings globally, is that Al-Anon Family Groups is a diverse fellowship of people seeking help and support in living with another's alcoholism. Groups consist of grandparents, parents, spouses, siblings, and friends who have been affected by the disease. We all share the message of hope that comes from practicing the Twelve Steps and being of service to others.

Today my life is full of hope. My commitment to using the principles of the program has enabled me to have a vibrant career, which led me to become the Executive Director of Al-Anon Family Groups. Al-Anon tools also helped me improve my parenting skills. The program is designed to help with all aspects of life.

If you are wondering whether you belong in Al-Anon, why not join a meeting—be it in your local community, online or by phone? Al-Anon meetings occur globally and 24/7 through electronic formats—and they are all free. Members will welcome you and encourage you to decide for yourself whether the program can help you with your circumstances.

Most sincerely,
Vali F.

Executive Director, Al-Anon Family Group Headquarters, Inc.

How Do I Know if Al-Anon Can Help Me?

Heavy drinkers commonly say that their drinking is not as serious a problem as some people think. People who are close to them also tend to minimize how seriously the drinker's alcohol abuse has affected them.

They are trying to keep things as normal as possible under conditions that are sometimes unbearable.

These questions can help you decide if you could benefit from visiting an Al-Anon meeting.

- Do you worry about how much someone else drinks?
- Do you have money problems because of someone else's drinking?
- Do you tell lies to cover up for someone else's drinking?
- Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
- Are plans frequently upset or canceled because of the drinker?
- Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
- Are you afraid to upset someone for fear it will set off a drinking bout?
- Have you been hurt or embarrassed by a drinker's behavior?
- Do you search for hidden alcohol?
- Have you refused social invitations out of fear or anxiety?
- Do you feel like a failure because you can't control someone else's drinking?
- Do you think that if the drinker stopped drinking, your other problems would be solved?

If you answered "yes" to one or more of these questions, Al-Anon or Alateen may be helpful.

No Appointments Are Necessary

Anyone concerned about someone else's drinking is welcome to attend any meeting. Reservations or referrals are not required.



I Found My True Self

Holly E., GA

After a knock-down, drag-out argument with my husband, I finally could see my part in the situation and how I contributed to our alcoholic relationship.

The next week, I attended my first Al-Anon meeting. I nervously entered the church building, and smiling members warmly greeted me saying, "So happy you are here." I heard members reveal themselves with great honesty and courage. It blew me away to hear so much of what I was feeling in other people's stories. While our situations may have been different, the feelings surrounding them were shockingly alike.

I couldn't believe others were going through the same struggles that I was going through! This meeting was not a group of complainers, but rather

a room full of people authentically sharing their experience, strength, and hope.

After a few months of attending weekly meetings and working with an Al-Anon Sponsor, my loved ones started to notice changes in me. Consequently, the changes occurred not just in me but in those around me too. My relationships began to improve because of the healthy boundaries I was learning to set. My husband even reinvigorated his own Twelve Step program.

I have learned not only to like myself, but also to love who I really am. When I'm among my Al-Anon family, I feel most like my true self. After learning in the program that I have choices, I'm grateful that attending Al-Anon is one of the choices I made.

Al-Anon's First Official MOBILE APP!

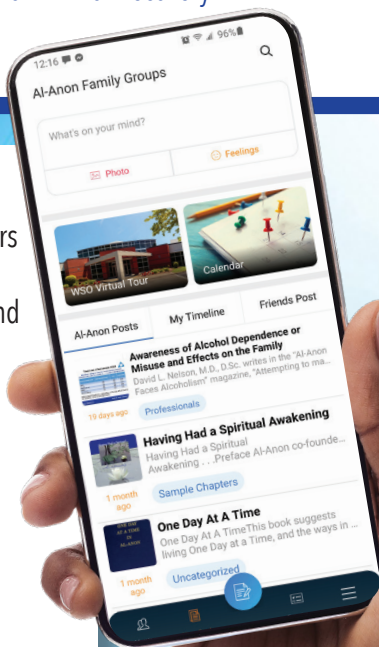
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon journal
- A place to stay informed on the latest information from the World Service Office (WSO)

What it is not:

It's not a face-to-face meeting list.



For more information and links to download the app in iTunes and Google Play, visit al-anon.org/mobileapp

I Don't Have To Worry about Coming Home

By May, Iowa

My story starts when I realized my dad had a problem. He was drinking every day and he had conflicting moods—either drunk and angry, or asleep. Sometimes, I came home from school and he would yell at me and my two younger brothers. Other times, he would stay asleep for the rest of the night, and we had to make dinner for ourselves.

When I started to attend Alateen, I realized that I was not the problem and I couldn't change him. I learned ways to cope with my dad's drinking problem. Before Alateen, I thought his drinking was my fault. My grades were slipping because I felt stressed out about which mood my dad would be in when I got home. I was not paying attention in class. I couldn't do my homework because I was busy fighting and yelling at my dad.

Today, since attending Alateen, I am an "A" and "B" student. I don't have to worry about what I might be coming home to, because I know how to deal with it.



»»

BEFORE

Alateen, I thought his drinking was my fault.

««

The Drinking Was a Horrible Secret

By Tammie M., Michigan

When a diagnosis confirmed that my father was an alcoholic, he went away to a treatment facility and we, the family members (my mother, sister and I), received an invitation to try local Al-Anon meetings.

When we walked into our first Al-Anon meeting, sat down, and listened to the Twelve Steps, a peace and calm came over me. Right away, I knew that these meetings and this program were where I needed to be. I went to as many meetings as I could, even though I did not speak for many weeks.

I felt so emotional that I cried, shook, and my stomach became upset. I had never heard people talk about the alcoholic situation in their homes before, or the feelings that they had experienced. When I was growing up, I always felt the drinking was a horrible secret that I had to keep. As a child, I had felt frightened, confused, and embarrassed by the things that went on in my home.

It was such a relief through Al-Anon to recognize these feelings for what they were and to work through them after hearing others with similar circumstances share so openly. I feel like I will keep coming back to Al-Anon forever!





Find Al-Anon Family Groups on Facebook by searching for Al-Anon WSO (English), Los Grupos de Familia Al-Anon OSM (Spanish), and Les Groupes Familiaux Al-Anon BSM (French).

Al-Anon and Alateen—Where You Can Find Help

Al-Anon is a mutual support program with meetings facilitated by members. Our program is for people who have been or are being affected by someone else's drinking.

Alateen meetings are for young people, usually teenagers, who have been affected by a relative or friend's drinking. While Alateen members conduct their own meetings, adult Group Sponsors are there for safety and guidance.

Explaining the Disease to a Young Child

"We may not want to think that our children know what is going on, but they often do know something is terribly wrong. Children have an amazing capacity for dealing with the truth. Shrouding the illness in mystery and lies is far more frightening than having a down-to-earth talk about the disease of alcoholism.

"In explaining the disease to young children, it is helpful to compare it to a chronic illness that they know. We can point out that the alcoholic is sick and doesn't mean all the things said while drinking. We should be careful to explain to our children that they are in no way responsible for the drinking and remind them that they are loved." From the Al-Anon pamphlet, *How Can I Help My Children?* (P-9).

If the Al-Anon Meeting Is Held at a Church...

Al-Anon meetings include people of different religious affiliations, as well as individuals without any spiritual beliefs. An Al-Anon meeting held in a church is not connected to that church. Al-Anon is a spiritual program but is not religious or a part of any church or religion, just as it is not part of any other private or public organization. The location of the meeting place is irrelevant to the content and discussion at the meeting. Groups simply rent rooms to hold their meetings. Many Al-Anon groups meet at libraries, hospitals, and other facilities.



I Finally Got It!

Dov L., Florida

I was in and out of Al-Anon meetings for years. I rarely ever saw other men there, which was difficult. But for one hour I knew I felt safe and comfortable. It took a while before I finally put it together. When I kept coming to Al-Anon meetings on a regular basis, I was healing and making positive changes in my life and my children's lives.

I learned to open my ears and shut my mouth. I soon found meetings that included more men as well. I found support inside and outside of the Al-Anon rooms. Eventually, I learned to share my insights too. Now, I even attend all-male meetings occasionally.

Al-Anon saved my life. Today I make a point of reaching out to male newcomers and telling them to "keep coming back." I want all newcomers to know that men and women alike are here to support them.





I'm Glad Our Doctor Suggested Al-Anon

By Liz, Ontario

When I first walked through the doors of Al-Anon, I wasn't sure why I was there. Members greeted me with friendly hellos and hugs—if I wanted a hug. I didn't understand the problems in our home but learned about alcoholism at my subsequent meetings and by reading on my own.

I blamed the alcoholic in my life for the unmanageability in our home, but learned in Al-Anon, "The family situation is bound to improve as we apply the Al-Anon ideas," and it has!

Feeling ashamed of my home life, I isolated from family and friends. I met members at meetings who understood what I was going through, and I started feeling more comfortable the more meetings I attended.

I'm really glad our doctor suggested I attend Al-Anon. Attending my first meeting was one of the best decisions I made for me! I'm grateful Al-Anon has helped me with my serenity, and in so many ways. I'll keep coming back!



How Serious Does the Drinker's Problem Have To Be for Al-Anon To Help?

From the Al-Anon perspective, it doesn't matter whether the drinker is an alcoholic or not. What really matters is: Does the drinking bother you?

I Wasn't a "Joiner"

Linda H., New York

During our first class at night school a nice woman talked with me and eventually asked if I was married or dating anyone. I told her frankly, "I just ended my last worst relationship." She laughed and asked, "Did you have a parent who was an alcoholic?" I was speechless, which was rare for me, and finally responded, "How could you know that?"

She asked if I'd like to go with her to an Al-Anon meeting for adult children of alcoholics. Although I couldn't logically connect my relationship issues with my father's drinking, especially since he died 15 years before, I still felt curious and said yes.

During the meeting, I read the list of questions from *Are You Troubled by Someone's Drinking?* to see if I qualified to be in the group. I was dumbfounded when I answered every question with a "yes." I had the feeling as I sat in my first Al-Anon meeting that they had been "waiting" for me. It was an odd feeling.

I wasn't a "joiner" or a fan of "clubs." But my experience with adult children, and other Al-Anon groups, ended up being not only positive but also a series of revelations.



Lasting Effects...

Even if active alcoholism is not in your life now, sometimes a relationship with a problem drinker can have long-lasting effects.

Al-Anon and Alateen members help each other understand and unravel the effects of someone else's drinking and offer an opportunity for healing and growth.

I Have Hope

By Lucia J., Czech Republic

There is no Al-Anon meeting nearby in my country. In the past I visited face-to-face Al-Anon meetings in another city, where I learned Al-Anon can help me have a more manageable life. I didn't feel comfortable in those meetings, so I began participating in an Al-Anon meeting online. I found a Sponsor and now I am working Al-Anon's Twelve Steps for the first time. It is very hard for me to deal with my husband's alcoholism. He drinks all time. I left him a few years ago, but then he started to attend A.A. meetings so I came back. We have a baby boy who is two years old.

My husband started drinking again six months after our son's birth. It was not so bad, not so often, but now it is escalating. I have worked really hard to keep the focus on myself, but I am not perfect. I feel so sad and angry. Without Al-Anon, I think I would feel worse.

Thanks to Al-Anon and the Twelve Steps I have hope that I will live a good and happy life again, whether my husband continues to drink or not.





Al-Anon Saved My Sanity

Timothy F., New York

I was having problems with my alcoholic boyfriend. Although I passed the Al-Anon office every day on my way to work, I said to myself, "These people won't understand a gay partnership—how can I talk to them?"

When my boyfriend and I broke up for the first time, I finally walked into the Al-Anon office. I didn't tell them the whole story and I wasn't crazy about all the God talk, but I realized that these people knew more about alcoholism than I did. I could learn from them. The beauty of Al-Anon is that they could also learn from me.

I attended that Al-Anon meeting through the final break-up with my boyfriend, my parents' deaths, professional crises, and a decision to start a new career in another country. My Al-Anon group saved my sanity, and I am lifelong friends with the members of my group.



THESE

people won't understand a gay partnership—how can I talk to them?



There Are No Dues or Fees

Members make voluntary contributions because each group is self-supporting and declines outside contributions. Most groups pass a basket at each meeting to help cover routine costs, such as renting the meeting room, supporting Al-Anon services, and buying literature.

Al-Anon Members Report Improved Well-Being

According to the most recent Al-Anon Membership Survey, members reported, on average, an 88 percent improvement in their assessment of their mental health from before they began attending Al-Anon meetings. Visit al-anon.org/surveyresults for the complete report from the most recent Al-Anon Membership Survey.

Someone Close to Me Has a Drug Problem

Al-Anon Family Groups have one focus: to help friends and families of alcoholics. Al-Anon's most recent membership survey reported, however, that 35 percent of Al-Anon members first came to Al-Anon Family Groups because of a friend or relative who had a drug problem. The survey also showed that 78 percent of these members eventually came to realize that someone's drinking had also negatively affected their lives.

What Kind of "Answers" Will I Find in Al-Anon?

Al-Anon members find support and understanding as they share their experiences in applying the Al-Anon principles to their lives.

This peer-to-peer exchange helps them discover new choices and new ways of thinking about how to handle the effects of alcohol abuse. They do not give each other advice or specific direction.

Al-Anon Is All About Change

By Eugene (J.R.) Lombardo, LCSW • Counseling and Psychotherapy • White Plains, N.Y.

I can tell right away when I am in the presence of a family dealing with alcoholism, because of the anxious tone in the room. Addiction is not logical, it is not linear, and it is not personal. I know how hard it is for families to hear this, because to them it is absolutely personal. Alcoholism affects them very deeply on an emotional, physical, and spiritual level.

Therefore, responding in a reactive manner and using logic and persuasion on an issue such as this can be quite frustrating—even maddening. I know that I can be helpful as a professional, and I have spent my career attempting to do so. However, what Al-Anon offers is something quite different.

Nothing substitutes for experience, and in the rooms of Al-Anon I know my clients will get the wonderful, warm sense of peace and understanding that comes from being with people who know. Within each Al-Anon room is the shared experience of everyone who is present or has passed through. And that group is part of a larger tradition—more than 65 years old and growing. “You are not alone” does not begin to touch this.

In addition to providing a safe, nonjudgmental environment, Al-Anon operates within a gentle structure that oftentimes serves as a safe haven for families who have lots of upheaval and turmoil. Meetings take place where they are scheduled and start and end on time. Steps and Traditions are in place and literature is available that is Al-Anon approved. This can be a great weight lifted for the weary soul who enters, because the structure provides safety and consistency. This leaves space for the work of change. Al-Anon is all about change. Finally, there is a safe space for the loved ones. It’s all about them, and in Al-Anon, this is how it is supposed to be.

Developing the capacity for greater self-care, the ability to put supports in place, and the idea of a relationship with something greater than oneself are important parts of Al-Anon. Family members’ lives become very small over time. This is an unfortunate byproduct of the physical and emotional time and energy it takes to survive. Sadly, survival, the most basic of instincts, is at times the most that alcoholics and their families can hope for.

Attending Al-Anon has given my clients a rejuvenated sense of hope, a greater support circle, and the capacity to care for themselves and set healthy boundaries. When family members are in recovery, their attitudes and



« I AM »
constantly awestruck by the
powerful transformation
people experience in the
rooms of Al-Anon.

behavior change, whether by conscious intent, or by merely being involved in the process. As an outgrowth of the Al-Anon experience, I regularly see changes in the alcoholics they love. Any time one changes a behavior toward another person, the whole interaction or reaction changes.

As a professional clinician, I am constantly awestruck by the powerful transformation people experience in the rooms of Al-Anon. No longer mired purely in the problem, they are solution-focused and empowered in a way that can feel very freeing.

I always feel confident when I recommend Al-Anon, and I will continue to do so in the future.

How To Find an Al-Anon or Alateen Meeting
Visit al-anon.org or call 1-888-4AL-ANON (1-888-425-2666) for local and electronic meeting information.

What Is the Difference between “Families and Friends Only” Meetings and “Families, Friends, and Observers Welcome”?

Anyone troubled by someone else’s drinking is welcome to attend any Al-Anon meeting.

A meeting listed as “Families and Friends Only” (or “Closed meeting”) is available for Al-Anon members and prospective members only. Anyone who has been affected by someone else’s drinking is welcome.

A meeting listed as “Families, Friends, and Observers Welcome” (or “Open meeting”) welcomes observers seeking information about Al-Anon such as professionals, medical personnel, students, reporters, etc., as well as newcomers and members of Al-Anon. Observers attending one of these Al-Anon meetings are requested to abide by the principles that guide participation in all Al-Anon Family Group meetings.

What “Anonymity” Is All About

Anonymity helps keep the emphasis on principles that can help solve personal problems, rather than on the personal situations that might be part of the problem. No one’s social status, professional standing, or level of education matters at an Al-Anon meeting.



Confidentiality ensures that members can speak from the heart at an Al-Anon meeting, because everything said at the meeting *stays* at the meeting.

Members don’t have to worry that someone from the Al-Anon meeting will approach them in a public place and start discussing their personal, confidential problems.

When Someone Close to You Drinks Too Much...

Sometimes the problem drinker is a spouse or partner. Sometimes parents are concerned about their son’s or daughter’s drinking. Sometimes the drinker is (or was) a parent, a grandchild, another relative, a coworker, or a friend.

Why I Refer Clients to Al-Anon

Beth Wechsler, LICSW, Clinical Social Work/Therapist Mashpee, Massachusetts

I last referred someone to Al-Anon a few weeks ago, when one of my clients--a divorced woman in her early seventies--came to me in the midst of what I think of as an Al-Anon "bull's eye" situation. Her daughter was suffering from the disease of alcoholism.

The client--whom I'll call Pearl--was constantly anxious. Mother and daughter communicated daily through multiple calls, texts, and emails. Pearl regularly drove by her daughter's nearby apartment to see whether she'd gone to work. Pearl advised her daughter on everything. They were, in short, driving each other crazy.

In Pearl's mind, her over-involvement in her daughter's life stemmed from a terror that her daughter would drive under the influence of alcohol. Pearl had more than enough hardship and trauma in her own life to make it especially hard for her to let go. Pearl hadn't been to Al-Anon in years but she wanted to feel better, so she returned to the program. She found it helpful almost immediately.

Al-Anon offers one enormously effective skill set that I have yet to find as well taught anywhere else--detachment. I regularly send people to the program as much for that skill as for the support they find in being with people who understand their problems. I also ask them to read daily the detachment pages in the book, *One Day at a Time in Al-Anon* (B-6). To be able to detach and remain independent is where the locus of power lies. Orbiting an alcoholic isn't playing the hand one has been dealt very well.

I have a favorite mode of responding to clients who say, "I can do it myself." Imagine a loved one is struggling with addiction to alcohol. You try hard to change your reactive behavior all by yourself. Where I live, the ferry goes back and forth from Cape Cod to Martha's Vineyard multiple times each day. Imagine the program as the ferry--lots of people talking, drinking coffee, and making the journey safely. Why would anyone take a rowboat and do it by themselves instead?



I Always Come to a New Understanding

By Pat S., Missouri

The first alcoholic in my life was my mother. When I was young, I never heard of A.A., Al-Anon, Alateen, or alcohol rehabilitation. You went to school with a smile pasted on your face and never discussed what went on at home. My mother had her dear, sweet side and then she had her other side. My sister followed in her footsteps. I was lucky because I did not like the taste of alcohol and I surely did not like the effects it had on those around me.

I went to a family recovery program following my oldest daughter's stint in a rehabilitation center. She was successful and living proof that rehabilitation can and does work—we enrolled her when she was 16. The program I went to had a "fearless leader" who led every meeting and I quit going after a time.

My middle son decided to turn to drinking when he went through a painful divorce. Then I tried Al-Anon and decided to stay. My son met a lovely lady and when they married he ended his drinking—Thank God! But my membership in Al-Anon did not end.



My sister, who took after our mother, is in a nursing home—although she is younger than I am. It is very sad. I continue coming to Al-Anon to deal with life on life's terms. I did not cause their alcoholism, I cannot control their alcoholism, and I can't cure it.

The meeting I attended earlier today had the Serenity Prayer as its topic. God, grant me the serenity. It is very important in Al-Anon that whenever we say, "God," this refers to the God of my understanding. It does not matter if I am Christian, Jewish, Muslim, or none of the above. This idea of God

is about my Higher Power. Chances are good that no two people on the face of the earth have the exact same understanding of their Higher Power.

I "Keep Coming Back" to Al-Anon, because I will never know it all. I learn something new at every meeting. I may have heard some of the same words before, but I always come to a new understanding. My hope is that my story helps at least one person to make their first trip through the open and welcoming doors of Al-Anon.



Al-Anon Provides a New Freedom

By Jennifer Kent-Charpentier • Program Manager • Fresh Start Recovery Centre Calgary, Alberta

Not only does the alcoholic need help in addressing their challenges, struggles and illness, but the family also deserves the same opportunity. When the family and the alcoholic receive help through learning, love, and support, it enables everyone to move toward the solution, rather than continue to live in the circular nature of the problem.

Initially, family members talk to us about feeling frustrated, hopeless, and unsure about what to do next. Families who begin attending Al-Anon tell us that this program teaches them how to unhook from the disease. Al-Anon challenges them to see what role they have been playing in the life of the alcoholic. This new understanding changes the dynamics of the relationship that the family members have with themselves and their loved one.

One family member told us that by attending Al-Anon she was learning how to say “no” in a way that honored her and her loved one. The joy we saw on her face when she explained how she practiced setting healthy boundaries was life-changing for her. This was the same family member who told us just one month prior that she was ready to give up.

Al-Anon shows people that the disease of alcoholism is not their fault. Al-Anon meetings provide an environment where they feel heard and supported while coming to terms with how the disease has affected and continues to affect them.

We have heard many family members talk about a new freedom, which includes letting go of the responsibility for the outcomes of the disease and the need to control it. These family members experience forgiveness for themselves and their loved ones.

We strongly recommend Al-Anon because everyone deserves to find peace within themselves. Everyone deserves to make peace with an insidious disease that would have them think it is all their fault and leave them reeling in the question, “What could I have done differently?”

Today, we know it is not their fault. We know there is a solution and that it can be found in the support from others who once faced the same deceptive thinking. This support is available through Al-Anon and the many wonderful people who have found their own freedom.



As We Share, We Heal

Kelly C., Louisiana

I always knew something was not quite right in my home while I was growing up, but I could never find the right answers. I tried to make sense of the insanity, always to no avail. I remember confiding in a friend one day in high school, and she said if I just keep my head up and act like nothing is wrong, no one will ever know. She, too, was growing up in an alcoholic home.

Later in life, my son displayed out-of-control drinking. He received a second driving-under-the-influence charge before finally entering treatment for alcoholism. As part of his program, I had to attend two Al-Anon meetings each week. I was so thankful that he was getting help, and I wanted to support him the best I could. Now, I have been attending Al-Anon for three years, usually at least two meetings a week.

At first I had a lot of fear, which other members said was normal. I listened mostly in the beginning, but as I began to learn the Al-Anon program I realized that I, too, had valuable experiences to share. Through the process of working Al-Anon's Twelve Steps, I have received so much peace in my life. I am learning one day at a time how to keep my serenity, even in the middle of a storm. I have a home group in Al-Anon and many new friends I look forward to seeing each week. We share our joys and our sorrows with each other.

I have an Al-Anon Sponsor. I chair meetings and will represent my home group on the District level soon. I think there is something magical about these meetings. As we share, little by little, we heal. I keep coming back to meetings, as I cannot imagine my life without my wonderful Al-Anon friends.




What Visitors to the Official Al-Anon Family Groups Facebook Page Have to Say:

- "Peace is what I feel every time I walk out of my meeting."
- "Al-Anon has brought sanity to my life. I appreciate being able to learn from others who have and are dealing with alcoholism in their lives."
- "Before Al-Anon, I thought I was alone, but I discovered that I only had to be alone if I chose to be."
- "What I love about Al-Anon is that no one tells me what to do. I have the freedom to choose, learn from my mistakes, and appreciate my strengths."
- "Al-Anon was the answer to my problem, and my problem was me."
- "I have learned so much from Al-Anon. I apply the principles in all aspects of my life, not just when dealing with the drinkers in my life."

©2020, Al-Anon Family Group Headquarters, Inc.,
1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617;
(757) 563-1600; fax (757) 563-1656; wso@al-anon.org.



Al-Anon Family Group Headquarters (Canada) Inc.,
275 Slater Street, Suite 900, Ottawa, ON K1P 5H9;
(613) 723-8484; wso@al-anon.ca.



**Do you worry about how much someone drinks?
You are not alone.
Al-Anon and Alateen can help.**

**For meeting information, call
1-888-4AL-ANON
(1-888-425-2666)
or visit
al-anon.org**



Al-Anon Family Groups
Help and hope for families and friends of alcoholics