

The quarterly publication from Al-Anon Family Group's younger members worldwide.

ALATEEN TALK

excerpts from Volume 47
www.al-anon.alateen.org

What I've learned being in the program...

Stacey

I use the Steps, have a personal Sponsor and celebrate each day as it comes whether it is a sunny day or not. Every new day is an adventure waiting to be discovered. Someone once told me: "Faith is fear that has said its prayers." We are all works in progress, meaning it is OK to make mistakes.

Another thing I learned in the program: Expectations are premeditated resentments. We set ourselves up for disappointment. Having a support network is helpful. If there is a stressful situation where the world seems to be coming to an end, I call my personal Sponsor. If she is not available, I call one of the persons on my "support list" to help get through tough times.

Service is really good for recovery. For example, calling people on your home group phone list to help at an Al-Anon/Alateen event is service. Reaching out to someone new helps not only the newcomer but also helps me on my road to recovery. I always remember that anonymity is the key. Whatever is said in meetings and member-to-member will not be repeated.



One Day At a Time

Ashley

I used to worry about what was going to happen tomorrow. I would be worried about my mom leaving me and my two brothers at home so she could go get drunk. I would always be worried about what happened yesterday. In Alateen, I learned that I could not control what would happen tomorrow and that I needed not to worry about yesterday. This behavior was messing up my today. What I do now to help is use the slogan "One Day At a Time." Ever since then, it has been easier not to worry about tomorrow. I can just move on from yesterday's events. I have tried to share this slogan with all of my family and friends. My siblings seem to use it well since they have been through the same experiences.

What Alateen means to me...

Anonymous

Being an Alateen means dealing with life's little chaos "One Day at A Time." Sometimes, that means handling life one hour or minute at a time. As members, we need to remember that it is about progress, not perfection. We make mistakes, and can turn to Alateen friends and our personal Sponsors to pick up the broken pieces when we fumble and fall. The program always provides an invisible safety net that can help bounce me up back to reality.

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Sharings may be sent to *Alateen Talk*, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or by e-mail to WSO@al-anon.org or by fax to (757) 563-1655.

How Alateen changed my life.

Kelly

Before Alateen, my life was very stressful. I kept all of my emotions bottled up inside. Eventually, my body shut down due to stress. School was not important anymore. All that mattered was my alcoholic dad.

After I moved in with my mom, she mentioned Alateen to me. She said it would be the best thing to help me deal with my feelings. After a few meetings, my life changed drastically. The program helped me realize that I did not cause my father's drinking, I cannot control it, and I definitely cannot cure it. That made my life so much happier. I am actually able to think and have friends! I love Alateen and I am very thankful my mom guided me there.

Thank you Alateen!

Aimee

My parents were both sober and active in the program when I was born. As I got older, they stopped going to meetings and became "dry drunks." My home life was awful and I became a very angry teenager. My dad relapsed when I was twelve and went into a treatment center. A few months later, my mom took me to my first Alateen meeting. I didn't say anything, but I paid attention to everything that was said or read. Something stuck and I kept coming back. Slowly, my anger and resentments seemed to go away. Today, I thank Alateen for my sanity and my ability to love unconditionally.

Gina

Before Alateen, my life was a complete mess because of my father's alcoholism. I remember him bringing me to bars with him so that he could get drunk while I played video games. I was only ten and it was scary to be there.

Since then, my friend introduced me to Alateen meetings. The program has changed my life. My dad is in recovery. Alateen has taught me that I can't help the alcoholic or tell him what to do. He has to take the steps himself.

I love Alateen for everything it has done in my life.

Ivy

Before I started to go to Alateen, I hated to go visit my mother. I didn't like it because we always got into fights. We would yell and scream at each other all the time. Sometimes, she would wake up in the middle of the night, come into my room while I was sleeping and yell at me for something I did wrong days ago.

I found out about Alateen through my sixth grade health teacher. I didn't know if I should ask my dad or grandparents about going. I was afraid that they would be mad about it. I ended up asking my father and he thought it was a great idea.

Now, I go to every meeting I can. I have made a lot of new friends. I have learned that I can think about the Twelve Steps, read from the daily readers, or even call someone from my group to avoid yelling or fighting with my mom. I've also gotten the courage to do things I want to do. Alateen has been great for me. I plan to go to Alateen or Al-Anon as long as I live.



.....**Jessica, age 10**

Whenever I get frustrated, I sit down and say, "Easy Does It." This slogan helps me relax and calm down in any situation. Even when I get frustrated and start crying, I try and remember to take a deep breath and repeat, "Easy Does It."

Alateen helps me get through life easier and it is a lot of fun to work the Steps.

Anonymous

Alateen helps me when I feel depressed. I used to think that I had the worst life ever because my dad was a drunk and my mom always yelled. When I came to Alateen, I found out other people were going through the same things. Sometimes, their situation can even be worse.

Before I went to Alateen, I felt lonely and sad. I felt like no one liked me. With Alateen, I found out that I am not alone and that people do like me. Alateen builds up self-confidence and I even started getting better grades.

Alateen ROCKS!!!