

Al-Anon Today

YOUR E-LINK TO AL-ANON UK & ÉIRE

Finding Balance Through Recovery



Spring 2025
al-anonuk.org.uk

Letter From Your Editor

As springtime awakens, I can think of few greater ways to nurture my connection with a Higher Power, than to immerse myself in nature. I love how it allows me the space to be fully present in the moment, and how I feel my spiritual connection deepen.

One of Al-Anon's most valuable tools is sharing. In this issue, members share their meaningful expressions, of how using the tools of the programme has helped in finding balance through recovery.

Sharing our stories, our experience, strength and hope with others, can have such a powerful effect; it can help awaken the courage to change, leaving us feeling calmer and more spiritually connected, and can enhance and enrich your own recovery.

Voicing your shares in written form, not only inspire and enlighten our readers but can help plant seeds of awareness, and as they emerge, can serve as a pathway to self-discovery. Sharing your joys, your challenges and your gifts of recovery all have power to reach into our hearts and minds. Your contributions really do make a difference.

Thank you, to all who have sent in their shares, and if you've never written for *Al-Anon Today*, why not give it a go? You don't have to be a professional writer. The Editorial Committee will take care of the spelling, grammar and punctuation. Sharing our unique stories and how we grow using the tools of the Al-Anon programme of recovery, enrich us all.

I do hope you enjoy reading this edition and that you continue to share your inspirational stories of growth, as we each nurture our spiritual journey of recovery.

Annie S



OPINIONS EXPRESSED HEREIN ARE NOT TO BE ATTRIBUTED TO AL-ANON AS A WHOLE. MEMBERS SHARE THEIR PERSONAL EXPERIENCES AND STORIES, AND INVITE OTHER MEMBERS TO 'TAKE WHAT YOU LIKED AND LEAVE THE REST' — THAT IS, TO DETERMINE FOR THEMSELVES WHAT LESSON THEY COULD APPLY TO THEIR OWN LIVES.

Today, I know there is hope

Today is my dad's birthday and I feel grateful. Today more than ever, I understand that my dad's disease of alcoholism is his coping mechanism. It is his way of coping with what life throws at him. Not the healthiest option, but maybe the only way for him.

Today, after more than one year in the programme I recognise alcoholism as a disease and not a weapon used by my dear ones to punish me or make my life unmanageable.

Today, I know there is hope, and I can choose to be happy whether the alcoholic is still drinking or not. Using the Al-Anon programme, I can change my black and white thinking into a rainbow of recovery.

Anon

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YOUR AL-ANON TODAY

Spring Calendar



'Every day is another chance to
become the best version of You'



Toolkit Tips 'for
Creating Balance'

1

Set aside
time just
for you

2

Be patient
with
yourself

3

Accept
don't expect

4

Celebrate
your growth

5

Do what
you love

6

Pause,
Breathe, begin
again

7

Share
your gifts of
recovery

8

Write three
things you are
grateful for

9

Nourish
Your
Spirituality

10

Reason
things out with
someone
else

11

Be kind
and gentle
with yourself

12

Reach out
for support

13

List your
accomplish-
ments

14

Look for
the solution

15

Share
your joys

16

Spend time
in nature

17

Calm
your mind,
meditate

18

Practice
self-care

19

Connect
with
stillness

20

Recognise
your
strengths

21

Respond,
don't react

22

Feel
the love that
surrounds
you

23

Use
the tools of the
programme

24

Keep an
open mind

25

Let go
of the things
you cannot
change

26

Allow
yourself space
to grow

27

Connect
with your Higher
Power

28

Have faith,
trust, open your
heart to
love

29

Find a
quiet space
to read some
literature

30

Keep
the focus
on you

31

Take time to
reflect

Take what you liked and leave the rest

STEP ONE

I was in a very lonely place before I found Al-Anon. I thought I was literally going mad. At my first meeting I was so overwhelmed by the compassion and understanding from the people in the room; I just wept. One of the first valuable lessons I learnt was to let go, and to acknowledge that I am powerless over alcohol. Reading everything I could on Step One was the start of building a foundation based on love, love for myself. When I heard the words 'be kind to yourself', it seemed trite to apply them to myself, but when I did, it actually worked.

I used to tie myself in knots thinking of all the what ifs, what is the alcoholic doing, have they been drinking, where are the bottles? The mental and physical stress all this brought took its toll on me. I had built a self-imposed prison and was miserable all the time.

The first time I truly put Step One into practice was when I was sorting out clothes in the bedroom. I was kneeling on the floor to fold them and as my eyes veered towards a familiar sight, I spotted the red screw cap from a vodka bottle that had found itself under the wardrobe amongst the other collection of debris. My first reaction was to pick it up and go searching as I'd always done, but I left it there! To engage would become part of the involvement, the 'what ifs', the merry go round. I found myself saying the 3 C's to myself, I didn't cause it, I can't control it and I can't cure it. I felt sad, but carried on with the task of folding my clothes.

Today, whilst healing and recovering from the effects of someone else's drinking, I try to keep the focus on me. I remind myself that I am powerless over alcohol and I practice letting go and being kind to myself daily. Every day is one step further to my recovery and healing.

If it wasn't for Al-Anon I literally would have lost my mind.

Anon

Can you share
how you have grown?
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WILLINGNESS

I walked through the doors of Al-Anon over 40 years ago and had no idea what I was coming into but I was willing to give it a try. At the meeting I asked for the person whose name I had been given but she was away that day and for some reason I was told she had been in the fellowship for 10 years. I remember thinking I wouldn't be able to stick around that long. The meeting itself is a bit of a blur, it was on Step Eight and made no sense to me at all. After the meeting, when I asked "what am I supposed to say to my children?" Caring suggestions were made.

Much later in my journey, when my eldest child was in her late teens, I asked her what it was like growing up with an alcoholic father. Without my programme I would have had difficulty with the response, "Dad was no problem. He was a drunk and we understood that - we could just keep out of the way - but we had no idea what the problem was with YOU"! It was MY attitude and MY behaviour that caused them concern. I had been just as crazy and chaotic as the alcoholic but with no obvious reason.

Al-Anon gave me structure. It gave me the tools to deal with any situation that life may throw at me. It taught me how to be calm in the middle of a storm. The Serenity Prayer was invaluable. The Slogans are pearls without a price. Meetings and listening to others in the same situation worked a magic that's impossible to overstate. Today, life is reasonably calm and peaceful.

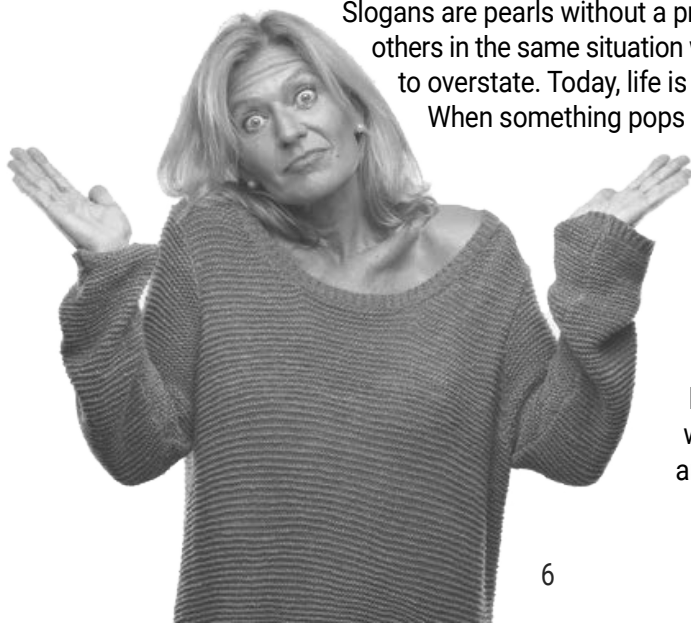
When something pops up to disturb that quiet, I have a

box of tools to deal with the disturbance. The alcoholic in my life, who gave me my reason to attend Al-Anon meetings in the first place, has been sober for many years. I have another who keeps me on my toes, but life itself is a good reason to be working this programme and I am eternally grateful.

Alison (Leeds)

What tools do you use in your Al-Anon tool box?

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Responding not reacting

I was doing a shift on my new volunteer job and I was assigned to work with an older member of the team on a new case. I answered the phone and helped the client.

When I hung up, my colleague drew my attention to the fact that the client was quite hostile when I was working on sorting out her problems. He added that if he were in that situation, he would have been more defensive.

I couldn't really see it that way, as I was focused on finding a solution. Later, I reflected on what my colleague had said and realised that the caller was in fact quite challenging.

Al-Anon has helped me understand that someone else's behaviour has nothing to do with me. I have learnt that I cannot control other people's behaviour, but I can definitely control my own response to it.

By working my Al-Anon programme, I have learnt that what other people say or do has nothing to do with me. I have a choice and today my choice was to respond and not to react.

Casi

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MY FAVOURITE SLOGANS

The beauty of the Slogans is: they can mean what you need them to mean at any given point in your life.

These are my interpretations of my favourite Slogans. Others may read them differently, with a different emphasis on particular words.

The Slogan **Think** helps me to take a pause before I act on or react to situations. I often mull things over that I've said or done during the day, over-analysing what happened or how the other person understood or did not understand me, and what repercussions there might be from my words. When I apply this Slogan, I try to think before I open my mouth, not every time, but certainly sometimes. It helps free me from distorted thinking and impulsive, potentially destructive decision-making. The time I find this Slogan most tricky to hang on to is when I'm emotionally embroiled in a conversation with my alcoholic, but I remind myself, I am a work in progress.

The Slogan **One Day at a Time**, provides me with a practical approach to my challenges and fears. It means I can focus my energies on dealing with things productively, and give up worrying about a future I cannot predict or control, and a past I cannot change. I've been using this Slogan a lot recently and it has helped me break overwhelming

tasks into more manageable steps. My alcoholic has been given a date to go to a funded rehab and when I heard the date was a month away, I was overwhelmed with panic. I need a break; his parents need a break. I'm scared he actually won't live that long. So, One Day at a Time is in my head a lot, especially at the start and end of each day.

The Slogan **Let Go and Let God**, popped into my head a few weeks ago during a particularly tricky time. It helped me to let go of trying to control things I cannot control. When my attempts at control are not working, when I feel I have run out of options, when I don't know what I can do, this Slogan helps me to trust that a power greater than me will help when the time is right.

Being a lapsed Catholic, I struggle with the idea of a Higher Power. I do often-times pray to a God, but I never really understand why. The thought of Step Three, (making a decision to turn my life over to the care of God, as I understand him), is a challenge, but I can't deny that this Slogan helps me when I need it most. I have discovered that all these Slogans can be a solid foundation and an easy reminder of the power of the Al-Anon programme.

Deb

*What are your favourite Slogans
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ONE DAY AT A TIME FIRST THINGS FIRST **THIS TOO SHALL PASS**
LISTEN AND LEARN *Progress Not Perfection* **LET GO AND LET GOD** *detach with love* **THINK** **LIVE AND LET LIVE** **JUST FOR TODAY**
KEEP IT SIMPLE EASY DOES IT



SURVIVING A CRISIS

When I first came to Al-Anon I was broken, in a dark place with no hope. I blamed my husband for the state I was in. While his drinking wasn't every day, the days he did drink caused havoc in our lives.

Two weeks before I came to Al-Anon, my child's school called saying no one had picked him up. I asked the teacher to send him home with his friend and to have him dropped at his own home where his father would be.

As I put the phone down, I was on my feet shaking as I realised what I had just said and the possibility that no one would be there to open the door to let him in. I don't know how I drove home that day, but I hope I never have to drive like that again.

I spent two weeks being angry. All my outbursts of anger were directed towards my alcoholic, but my children were there to witness it.

One evening, I joined a meeting from my car and cried the whole way through. Two things stuck with me from that night, the first was that there were happy people, and second was the words "keep coming back". I joined another meeting the following day and by the end of the week, I had gone to five meetings. I cried in all of them, in fact, I cried for several weeks.

In Al-Anon I found people from different backgrounds who had one thing in common with me: that we were all affected by someone else's drinking. This is one

place where I was able to share how I felt and really be understood.

As the weeks and months went by, I started to feel better. The anger and blame began to pass and I started to live. For the first time in many years, I started to think about myself, what I wanted and how I would get there.

I even started to work on my marriage and my relationship with my husband got better. While he still didn't think his drinking was a problem, I found a way to communicate with him about what I felt and what I was doing about it.

Life seemed to be a lot better, but I always knew that he would pick up a drink and cause our lives to explode. But instead of worrying about what would happen tomorrow, I learnt to live in the day and believe in my Higher Power, that whatever comes my way tomorrow, I will find a way to get through it.

Recently my life exploded and one word I heard people use was "crisis". I was back to crying and feeling broken. The difference for me this time was that I had Al-Anon meetings, the literature, and my Sponsor.

On the night of the crisis, I got my strength from my Higher Power, I was able to speak up and hold my ground. I didn't decide my future or plan all my actions at that moment, I just focused on one thing, and that was to keep myself and my kids safe.

I didn't sleep that night, and the next day after I took the kids to school, I went to work, made myself a coffee and asked

myself what it was I wanted and what I would do about it. I didn't decide everything all at once, but just one thing and that was to keep the alcoholic out of the house.

A week later he came back saying all the things I had heard before, this time they were just words. I told him I didn't know what I wanted, and I hadn't decided anything.

I had learnt that it's ok not to know what you want and not be able to decide on someone else's request. I learnt that I needed time, that I needed to heal.



After 11 days of the crisis, I was able to sleep for the first time.

Today I realise what it is that I want and need to heal.

Al-Anon gave me hope and strength to survive this crisis and for that, I am forever grateful.

Himani

How has Al-Anon helped you in a crisis?

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My God Box

When I first heard about a God box, I thought, 'What a great idea!', but I never used it. I was still in control and thought I could sort everything out.

When I took the First Step and finally admitted I am powerless over alcohol, I found that there are lots of things I can't control.

This is when I started using a God box myself. Today, accept that I can't, God can and I think I'll let him.

Anon

Do you have a God Box?

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LISTENING TO OTHERS

I am a very organised and reliable person and I found a job where these attributes are perfect within that setting, but facing the lack of control at home was much more difficult for me to do.

Listening to others at Al-Anon meetings and realising the futility of trying to make my alcoholic change was such a revelation and a huge relief.

I have learnt in Al-Anon, that it wasn't that I was not doing enough, but to accept that there was nothing I could do.

Sue W

What you have you learnt by listening?

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My BREAKTHROUGH with Step Six

How do I know when I am ready to have all my defects removed?

I was unhappy that my weight had reached a new record and resolved to go on a diet and cut out snacks. I was in a good mood when my partner came home and I told him I had planned a healthy meal for dinner. He suggested we go out to celebrate the beginning

of the weekend. At dinner, he egged me on to order more food and drink than I would have on my own. During dinner I asked if he would give me a lift back home from the garage early the next morning as my car was booked in. I would usually cycle back, but rain was predicted. He said he'd miss his only lie-in on his day off work and calmly, I reminded him of all the times I had done that for him. We both tried to find a compromise and I said I would get the bus and walk the rest of the way.

I went to bed later than planned that night feeling uncomfortably full and very tired. When he came up, he asked to turn the TV on, I said "fine" but the TV broke through my tiredness and by this time I was starting to fume as I had to wake up early.

The next morning, regardless of the rain, I decided to cycle to the garage. My thoughts went to how the previous night had transpired and I began to see things clearer. I wanted to lose weight but I agreed to go out for dinner. I needed an early night without the TV on but agreed it was fine to put the TV on. I needed a lift back from the garage and he had a lie in.

I marvelled at how easy it was for him to put himself first and realised that by me putting his needs first too, I was filled with resentment. All at once it hit me that I had done this to myself.

On reflection, I could have declined dinner. I could have been clearer with my boundaries and asked him to watch late night TV in the other room. Instead, I put his needs first and squashed myself into discomfort ending up with stinking thinking.

Finally, I realised I am ready to have these defects removed. I want to put myself first and I don't want to have these resentful thoughts any more. Suddenly I was beaming, I even felt ok when it started to rain lightly. I saw these little lessons as constant gifts to help me shift my thinking.

Can you share
on Step Six?
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Michele

I have been a member of Al-Anon for 20 years and my recovery has grown over time with some ups and downs. My son has been in recovery for ten years, something that I could previously only ever dream about. As I work my programme a day at a time, I know how lucky I am to be a member of Al-Anon. The support I get from other members and friends is immeasurable. Service is so important to me, currently I am my Group's Public Information person.

THREE IN RECOVERY

A few months ago, a ragged baby pigeon was in the garden. It looked wary as I approached to feed him, but as each day passed, I was thrilled to see him return and I started to talk to him. He reacted by turning his head from side to side; as if listening to what I was saying. I really looked forward to nurturing him (and myself) by feeding and chatting to him. My dog chased him out of the garden a few times but as he got stronger, he flew onto the fence to safety.

One day, as I looked out into the garden, I saw a sparrowhawk had got hold of the pigeon, covering him with his huge wings. As I ran up the path shouting and clapping my hands, the sparrowhawk flew away leaving the injured pigeon hobbling away to take cover. I was able to quickly pick him up out of harm's way but I noticed his back was injured and he had other injuries that were apparent. I was devastated and had to get him some help, so after placing him in a box I took him to a rescue charity based about forty miles away, praying on the journey that he would be alright. As I drove through heavy traffic, I heard myself saying, "Easy Does It, Let Go and Let God". I was relieved to finally get there and as I nervously opened the box, I saw him moving. After a few days at the vets, he started to get a little stronger and begin his own recovery.

That made three of us: my son, me and the pigeon, all on our own journey of recovery. I was glad I could help in the way I did. It shows I can work my Al-Anon programme in all walks of my life without being overly responsible.

*Can you describe how
your programme works
in your daily life?
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What making amends means to me

I was terrified of admitting something and having to make amends. Even worse, the idea suffocated me, fearing divine condemnation or who knows what else.

Working through the Steps I looked up amends and found these two definitions in the dictionary: reparation for a fault committed or compensation for damage caused to others. To make amends for a fault, I must recognise it and be willing to repair it.

I grew up in an alcoholic home and as a child I was always agitated and felt a sense of guilt towards my family. I never stayed in the same place for long, except to sleep, eat or wash myself.

To survive, I learnt to defend myself by verbally raising the tone of my voice to match the level of others. I denied my anger and suffocated my feelings, since it would probably have gone very badly if I had communicated my state of mind.

My problems as a child and teenager were not listened to, on the

contrary, they were mocked and demolished. Then I ran away, I was so afraid of turning out like my parents.

I stopped talking about myself truthfully and remained in chaotic silence for so long that I was no longer able to communicate in a healthy way. I played the victim, exploded with anger and I couldn't make choices for myself; choices that truly affected me. I remained tied to sick situations for many years by hanging out with disturbed people. At that time, God was someone not to be called into question, except to curse Him.

Today, as I am working through my Steps, I can ask myself, is an amends needed? Will I hurt anyone by making amends? I have heard in meetings and read in the literature that making amends begins with me. I have yet to make peace with myself, and I still feel confused when something doesn't feel right, but it is increasingly clear to me that if I really want my life to be dignified, full and free, I need to work on it.

Making amends means first recognising I am at fault, then doing my best to repair it. It's still not easy, but today I am trying.

I have put myself at the top of the list of people to make amends to. Then, others I would like to be able to make amends to, and then listed those I'm unsure I will be able to make amends to, and others that I don't think I will ever make amends to.

I now realise that if I want to heal and find serenity, I must take an honest look at myself.

I have reached precisely the point that speaks of making amends and I am trying every day to be a better person.

Carlo N

Can you share how you work the Steps?
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For now, the dramas of living with my alcoholic husband seem to be in the past. There's still over-drinking, but currently it's only noticeable on the weekends.

When I think about dealing with lies, the first thing that comes to mind is my husband lying to me. There are other lies associated too; we lie to each other; I lie to others and I expect I lie to myself. The majority of lies are variations of three statements: "no I haven't been drinking", "no, I haven't got any hidden alcohol" and "OK, I won't have any more to drink today". I noticed that all these responses were to my verbal questions. I might also just raise an eyebrow; a look is still a question. Why did I keep asking? It didn't stop him, it just created strife, and didn't help at all with my serenity.

Since being in Al-Anon and accepting that I am powerless over alcohol, I don't ask these questions. If I practise the serenity to accept the things I cannot change, it saves us both a great deal of grief.

The Al-Anon programme is about me and I've been thinking about the lies I've told over the years to cover up his drinking, or to excuse his behaviour.

I didn't tell direct lies, but used deception by manipulating situations, or by leaving things unsaid which became very isolating. My social life and family relationships were very much affected and I haven't connected with my family as much as I'd have liked.

My adult children are aware there's a problem. When they were small, I would lie about 'daddy being tired, or unwell' and my habit of deception continued well into their

How **LIES** affect my state of mind

teens. This meant that building a trusting relationship with them when they were little was compromised. Secretly looking for hidden alcohol was another deception. This furtive behaviour gave me a small rush of feeling powerful. In reality I had no power over alcohol or the alcoholic.

All these lies made a tense and uncomfortable atmosphere, isolating me from making connections with anyone outside my immediate family, and the deceptions made an oppressive weight that I used to carry everywhere.

Today, I don't look for alcohol any more, I accept that I am powerless and acknowledge no shame for his actions. In accepting my own powerlessness, I feel ready to be open with others about the situation.

I'm not open with everyone about everything, but I'm more open than I used to be. For instance, both our mothers are elderly, they know he sometimes drinks too much but they don't get the full detailed story. I don't lie to my children and I don't routinely share every detail with them, either. Now, if I need to share, I'm more able to stick to the facts without getting into interpretations of the alcoholic's motivations. With other people, including my extended family, I don't volunteer information, but if needed, I can tell them the facts and I won't lie.

Cathy B

What helps you accept your powerlessness?
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Growing in Service

Trees remind me of continuity and hope, rooted in the past and flourishing in the present. They provide me with a sense of reassurance and wonder, knowing that future generations will also enjoy them long after I am gone.

Al-Anon also provides me with reassurance in the knowledge that this wonderful programme has helped many generations before me, and will continue to do so for generations to come. Without planters, waterers and gardeners, Al-Anon would not be able to continue to grow: Service is vital to its continuance. Even if someone has not been in the programme for very long, taking on a Service role can make all the difference to recovery. I find doing Service helps me to grow in the programme, it has provided me with a focus and I now have an even wider group of friends who understand my anxieties and accept me as I am.

It is a real honour to play a small role in helping to ensure that future “seedlings” are cared for and that our message of hope reaches an ever-wider audience.

Wendy

How has Service enhanced your growth? [Share | Al-Anon UK](#)

NEED A THEME TO WRITE SOMETHING FOR AL-ANON TODAY?

Here are some ideas...

- Healing my relationships
- Milestones in my recovery
- Overcoming fears
- What literature has inspired you recently?

WRITING TIPS...

Share your experience from the heart, with the focus on you. Allow your creative spirit to express what you feel... like when you share in a meeting.

You could relate a personal experience based on a programme principle such as detachment or acceptance, a Step, Tradition or Concept.

Remember, grammar and spelling are not as important as heartfelt experiences. The Editorial Committee will take care of the spelling, grammar and punctuation.

Sharing the joys and gifts of recovery, all have power to reach into our hearts and minds. Al-Anon Today is free to share with all members. Its pages are filled with expressions of courage and recovery in Al-Anon.



FROM OUR AL-ANON FAMILY WORLDWIDE

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permission of *The Forum*,
Al-Anon Family Group
Headquarters, Inc.,
Virginia Beach VA

The most difficult thing a loved one of an alcoholic is asked to do is to let go. For perfectionists and control freaks like myself, it is almost impossible. No mother wants to abandon her child when she feels her child needs her the most. Yet nothing short of letting go would enable me to lead a life as close to "normal" as possible.

My journey was heart breaking because I incorrectly believed that if my advice was just listened to and taken, my loved one would soon get better. After repeated attempts to "cure" my loved one this way, I finally reached the stage where I realised I was indeed powerless. It is a lesson I continuously learn and one that I must remember every single day.

The stories I hear in Al-Anon meetings and read in Al-Anon literature where others have learned to let go gives me strength to keep trying. I need to do this, for my loved one's sake and for my own. Through the literature and meetings, Al-Anon is a lifeline and source of encouragement for people like me. Certain feelings and fears can never be shared with family or friends but I can share them in the meetings. Thank you, Al-Anon, for being my guide and strength when I need it the most.

Anon

The Strength
to Let Go



*Sharing the joys and gifts of recovery, all have
power to reach into our hearts and minds.*

*Al-Anon Today is free to share with
all members.*

*Its pages are filled with expressions of
courage and recovery in Al-Anon.*

SUGGESTIONS FOR MEETING TOPICS

Finding balance
The rewards of Service
Detaching with love
Finding a solution

Please visit [Al-Anon UK/Share](#)

to submit your contribution or post to:

The Editor, at the General Service Office address below.

Please help us make this e-zine a vital, rich and diverse expression of the Al-Anon programme of recovery.

please share your thoughts with us

You don't have to be a professional writer. The Editorial Committee will take care of the spelling, grammar and punctuation – these are not as important as heartfelt experiences.

The length can be anything from a single sentence to 450-500 words. Anything longer we may have to edit. Whatever you decide, sharing in *Al-Anon Today* can be another step along the road to recovery for both the reader and the writer, helping you and other members to grow.

You may choose how you sign your article: with your own name, anonymously, or with a pseudonym, but please note that for legal purposes your full name and address are required with your submission.

Your anonymity will be fully respected.

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THE SERENITY PRAYER

God grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference.

STATEMENT OF PURPOSE

Al-Anon's Suggested Preamble to The Twelve Steps

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, organisation, 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 practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

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THE TWELVE STEPS

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

