

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

ALATEEN TALK

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www.al-anon.alateen.org

Alateen Saved My Life

Sara

I have been in Alateen for ten years and I can honestly say it has saved my life. I was blessed to be able to come into the program at a very young age and have been enhancing my spirituality and acceptance ever since. I have made some of my best friends in the program. They are always there for me when I am struggling. As I am transitioning into Al-Anon, I am once again taking an inventory and making a gratitude list. I am acknowledging the progress I have made through the program and thanking my Higher Power for all the gifts I have been given, the strengths I have developed through Alateen, and the people I have met from the program. I will be forever grateful for the program, my personal Sponsors, and fellow members through the years. I am hoping I will be able to give back by becoming an Alateen Group Sponsor in the future. Things to think about: Sometimes I spend too much time being negative and focusing on what I need to work on. If I take a moment to acknowledge strengths as well as the progress I have made, it gives me the confidence and drive to accomplish my goals and reach out to others in different ways.



Happiness

Alex

Happiness to me used to mean keeping other people happy. I always made sure that everyone else was happy before I was. I made sure my brother was settled, and that my parents were okay. When everyone else was happy, then I was happy, or so I thought. Then I stepped into Alateen.

Alateen helped me to become happier in my life by showing me that it is okay to put myself first, that it is okay to take care of myself, and that it is okay to focus on myself once in a while. When I realized that others don't need to be happy for me to be happy, life became a lot easier. I was able to build self-confidence, self-respect, and self-worth. I learned to trust within myself that I will grow up to be the person I wish to become, not the person I am expected to be. I control my future, I control the present, and I hope to grow up and say that I controlled my past!

Carrying the Steps wherever I go...

Andrew

When I was seven years old I learned my dad was an alcoholic. Every day he would be drinking with his friends, and it was a problem for my family. His disease got out of control and he would get violent with my mom and other family members. After one violent incident, he became aware of what alcohol was doing to him and to the family, and he did start going to A.A. for a time, but that didn't last. I had been going to Alateen for a while, but wanted to stop when Dad got drunk again. My mom and I had a talk, and she told me not to give up, so I kept going to Alateen. I started trying to apply the Twelve Steps to my feelings about my dad and his drinking. I know Alateen is helping me, and I continue to carry the Steps with me everywhere I go. I live a better life now because of Alateen. I love the program—it's fun and joyful, and I recommend it to all teens that have problems in their lives due to someone's drinking. Thank you, Alateen!

I am responsible for my feelings

D.N.

Al-Anon and Alateen have helped me a lot. I didn't want to come at first. I didn't think it would help me at all. But little did I know—it has helped me a lot. I learned about the Twelve Steps and how to deal with my family members, especially those who are alcoholics. I learned to turn to a Higher Power. I like Alateen because I can be myself, and I have peers who have been through the same things. I know I am not alone in my feelings. I came to Alateen and learned how to better deal with my dad drinking every day. As I attended more meetings, I got better at controlling my anger, and I feel I am a better person.

I say, "No one can get me mad, sad, or angry unless I give them permission."

How Alateen Helps,

Taylor

As I have grown, there have been many events in my life where I have been able to apply the tools I receive from Alateen. The slogans are a simple yet effective tool for reminding me what is important or to take things slower. I use them daily as a means to take more control of my life and my actions. When a lot is going on, I think of "One Day at a Time." Just being able to go to Alateen and speak freely with other teens helps to put things in perspective.

Ashley

Before I came to Alateen, I had big resentments towards my mom. I would get angry when I wouldn't get my way. I started to realize that all this anger, even towards the smallest things, was about my resentments towards my mom. I believed that because of her alcoholism, she deserved to be treated with disrespect. I realized that no matter how much she hurt me, the only person I can change is myself. I love her and I have to keep my expectations for her realistic. The bottom line is that she will always be my mother and I should treat her the way I would want to be treated.

Kathleen

Alateen has helped me be more open when I am with people. Also, Alateen has opened my eyes to understand alcoholics. Most importantly, I am learning to help myself live a better life.

Dustin

Before I came to Alateen I was very negative and angry. The program has helped me to be much more positive and much more outgoing. Now I am not afraid to be "me" around everyone!!!! Alateen is great!!!

Anonymous

Alateen has affected my life in many ways. When I was first introduced to Alateen I didn't understand it. Now I know I have options. One of the slogans I use most often is "How Important Is It?" If something happens and I want to react, I ask myself: "How Important Is It?" This helps me pause and think about it differently. Since coming to Alateen my life and attitude have been better. I know I need to keep working my program.

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Detachment

Abby

When my parents fight I want to just scream at the top of my lungs. Instead I just stay out of it and try to find something to do. I know that it is not my battle.

things too seriously. If something a little bad happened, I would act like it was the end of the world. When I came to Alateen, I learned the slogan "How Important Is It?" This slogan helped me stay sane in times of trouble. Now I am calm and stable even when things aren't going so great.

Melissa

"Keep It Simple" is my favorite slogan. I picked that one because I always overdo stuff in my life. I also loved pointing out other people's faults. After coming to Alateen, I tell myself to stop concentrating on the bad stuff and concentrate on keeping things simple.

Lizzie

My dad has been drinking a lot lately. I have not seen him in months and it is not something I like. My dad is not doing well but it is not my choice. Alateen has taught me that I should be thankful that he is still alive and that God is still here to deal with it. It is God's choice not mine. For now that is where my faith is, completely in God. That's the way it needs to stay. I am thankful for what I have. I will keep what I have close to me.