

Writing Guidelines

1. Share an experience from the heart with the **focus on yourself**, not the alcoholic or others.
2. Relate a personal experience **based on a program principle** such as detachment, acceptance, a Step, Tradition, or Concept of Service, etc., and give an instance of how and where you used it.
3. **Use the first person (I, me, we, us)**. True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid the use of the pronoun "you."
4. Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including A.A., are asked to **write only of their experience in the Al-Anon program**.
5. Kindly **observe Al-Anon's Twelve Traditions** when sharing.