SHARING Sheet

HOPE

"Things are looking up for me thanks to the program. It's a great feeling to have hope and to face the day with a good attitude."

Alateen—a day at a time (B-10), page 334

"I have hope and trust in the person I am becoming. I am developing a sense of pride in my ability to change. I can love my parents today without regret. I am nothing short of a miracle."

Living Today in Alateen (B-26), page 55

How has Alateen helped me to have hope? I know that I have hope when….

Use additional paper if needed.

Your Name_____ Your Age_____

Your Group's Name _____ State/Province:_____

Send your sharing to: *Alateen Talk*
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1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617
e-mail: wso@al-anon.org • fax: 757-563-1655
Members' Web site: www.al-anon.alateen.org/members

❑ Check here if you do NOT want your name listed