

# SHARING *Sheet*

## Self-Care

**When should I put myself first and then others?  
How has this helped my self-esteem?**

"For a long time, I have taken care of everyone around me. The only person I didn't take care of was me." "Now I'm learning a new way of life. I'm learning that it is acceptable to say no, to set boundaries, and to put my welfare first. I used to think this was selfish. Now I see it as self-love."

*Living Today in Alateen (B-26), page 163*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Use additional paper if needed.

Your Name or Anonymous: \_\_\_\_\_ Your Age \_\_\_\_\_

Your Group's Name \_\_\_\_\_ State/Province: \_\_\_\_\_

We cannot guarantee publication of any particular piece. However, if your story is printed in a future issue, a complimentary copy of the issue will be sent to: (Circle one) Your Home    Your Group

Mailing Address \_\_\_\_\_

City/State/Province \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Send your sharing to: *Alateen Talk*, AFG Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617  
e-mail: [wso@al-anon.org](mailto:wso@al-anon.org) • fax: 757-563-1655

Check here if you do NOT want your name listed