Putting all my attention on others allowed me to overlook my own flaws. “The program teaches me to concentrate on improving myself. I use the slogan ‘Live and Let Live’ during this time of the year. It is a kind of reality check for me and makes me aware of my biggest flaw—control.”

*Living Today in Alateen* (B-26), page 1

**What have you done to try to control or change someone in your life? What were the results? When you practice “Live and Let Live,” what are the results?**

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Your Name: ___________________________  Your Age: ___________

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**Alateen Talk sharings can be submitted:**
- **On-line** in the Al-Anon/Alateen Members’ Web site, al-anon.org/members. In the Alateen tab, access “For Alateen members”, and then “Alateen Talk.”
- **By e-mail:** wso@al-anon.org
- **By Fax:** (757) 563-1656
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- **By postal mail to:** AFG, Inc.
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