SHARING Sheet

"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

"Live and Let Live"

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?

Your Name: _____ Your Age: _____

Your Group's Name: _____ State/Province: _____

❑ Check here if you do NOT want your name to be published in the newsletter.

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Mailing Address: _____

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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
  Please include: Attention "*Alateen Talk*" on all correspondence.
- **By postal mail to:** AFG, Inc.
  1600 Corporate Landing Parkway
  Virginia Beach, VA 23454.