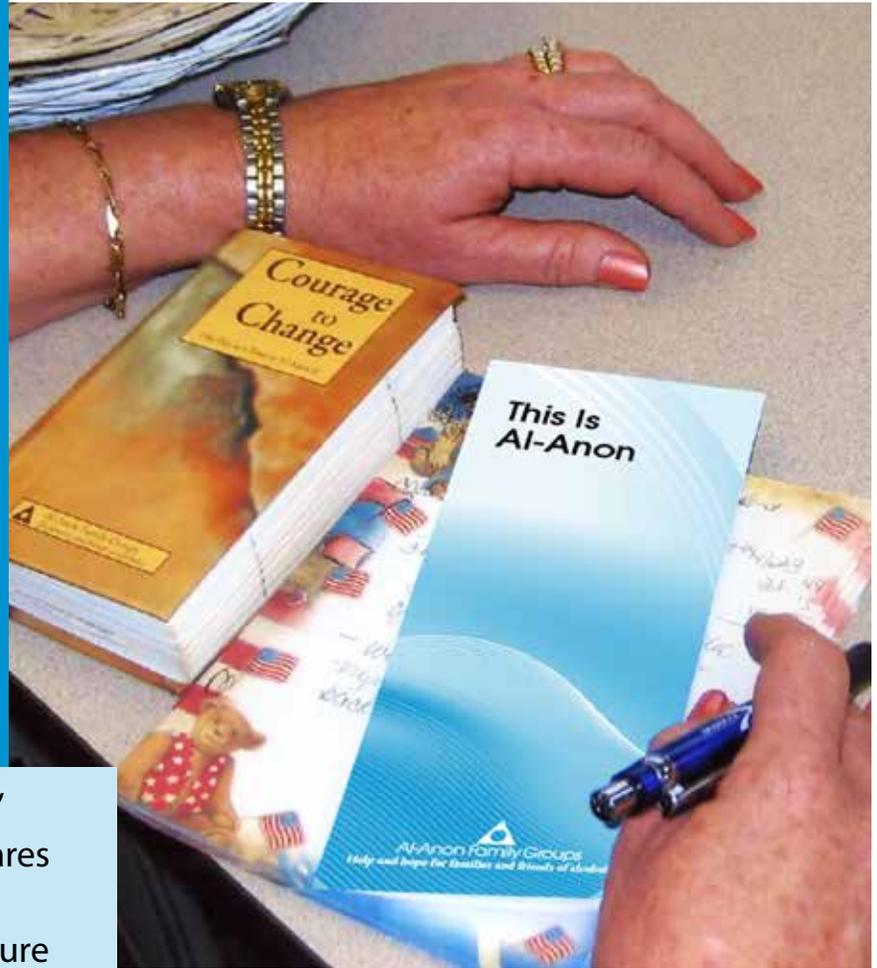


# How has Al-Anon literature helped you?



Each month the “CAL Corner” department of *The Forum* shares members’ stories about how Conference Approved Literature has helped them with their recovery. Sharing your story in “CAL Corner” could help other members find literature that would be useful to them.

Please send us your story that tells how a particular piece of literature—or portion of that piece—helped you with your recovery. Focus on what this piece has meant to you rather than on the content of the piece itself. Please limit yourself to 350 words.

#### Here are some additional tips:

- True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid use of the pronoun “you” or “we.” Keep the focus on yourself.
- 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.
- Kindly observe Al-Anon’s Twelve Traditions when sharing.

*Please photocopy this sheet and share it with others.*

