

The Reason I Came to Al-Anon

While I was having lunch with a new Al-Anon friend, she asked me, “Who brought you to Al-Anon?” It took me just seconds to respond. I brought myself to this program. You see, I have learned that no alcoholic, nor any other person, caused *my* actions, reactions, or responses to the people, places, and things in my life.

When I first came to Al-Anon, like many of us, I came because of someone else’s drinking. I naively thought that if only the drinking would stop, I would be okay, and my problems would be over. That way of thinking led me to leave Al-Anon after only being in the program for a couple of years. My marriage had ended and so, I thought, did my problem.

It turned out that not living with active alcoholism did ease some of my problems initially, but I hadn’t yet realized the effect of multi-generational alcoholism in my life. The way I looked at things, the way I responded to situations, and the way I felt and thought were all distorted by being raised in the disease of alcoholism.

Years later, I returned to Al-Anon for a different reason: to save myself. I now work this program for me, to the best of my ability on any given day, and I walk through it with a loving Higher Power and a Sponsor who helps guide me through the difficult situations life continues to throw at me at times.

I am a very grateful member of this worldwide fellowship, and I deserve to be here because
I know now this is where I belong.

By Monique R., Ontario

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