

July 2026 *Forum* Member Blog Topic

Self-Supporting in All Our Affairs

The Seventh Tradition is about more than financial contributions; it's a practice of self-investment, responsibility, and interdependence in all aspects of our daily lives.

July's member blog invites you to share: "How do you apply the Seventh Tradition in your personal life?"

As always, you can also write about Al-Anon's three Legacies. This month features Step Seven, Tradition Seven, and Concept Seven.

Please share with us at **al-anon.org/member-blog**

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!