

Monday Night How It Works AFG Open Meeting

Date: Sept 13, 2021 - 7-8pm CST - In person only

Topic: Step 1 - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Al-Anon Speaker: Angie-Rose M.

Paths to Recovery: Pgs: 3-17

Many of us come to Al-Anon filled with despair and hopelessness. Some of us come to find out how to get another person sober; others grew up in alcoholic homes or left alcoholic partners and no longer live with active drinking.

The first word of the First Step illustrates an important concept in Al-Anon recovery; We are not alone.

Once we acknowledge that someone else's drinking has affected our lives, we may want to blame everything on the drinking. We are sure there must be something more we can say or do that will convince the alcoholic to stop drinking, thus resolving our problems.

Not understanding that alcoholism is a disease, many of us tried to take things into our own hands. No matter what we did, our lives did not improve, and the alcoholic did not change.

To find peace and serenity in our lives, we have to change - a challenging, and perhaps fearful, thought.

1. Do I accept that I cannot control another person's drinking? Another person's behavior?
2. How do I recognize that the alcoholic is an individual with habits, characteristics, and ways of reacting to daily happenings that are different than mine?
3. Do I accept alcoholism as a disease? How does that change how I deal with a drinker?
4. How have I tried to change others in my life? What were the consequences?
5. Do I trust my own feelings? Do I know what they are?

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