

Monday Night How It Works AFG Open Meeting

Date: January 3, 2022 - 7-8pm CST - In person only

Topic: Learning about Alcoholism

Al-Anon Speaker: Jennifer W.

How Al-Anon Works pgs 18-19

Al-Anon's pamphlet, Understanding Ourselves and Alcoholism, explains it this way: Alcoholism is a family disease. Compulsive drinking affects the drinker, and it affects the drinker's relationships. Friendships, employment, childhood, parenthood, love affairs, and marriages all suffer from the effects of alcoholism. Those special relationships in which a person is really close to an alcoholic are affected most, and we who care are the most caught up in the behavior of another person. We react to an alcoholic's behavior. Seeing that the drinking is out of hand, we try to control it. We are ashamed of the public scenes but try to handle it in private. It isn't long before we feel we are to blame and take on the hurts, the fears, and the guilt of an alcoholic. We, too, can become ill.

1. What crazy thing did I do without understanding Alcoholism the family disease?
2. Where was I in denial? (Don't even know I am lying)
3. How do I work through my feelings of guilt today?
4. How do I deal with my anxiety. Anger before program / After program?

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