

Monday Night How It Works AFG Open Meeting

Date: February 14, 2022 - 7-8pm CST - In person only

Topic: A Solid Foundation

Al-Anon Speaker: Tim

Discovering Choices - Chapter 2

In Al-Anon we learn that alcoholism is an illness, not a moral choice. None of us would choose to have an illness, and neither do alcoholics. It would be short-sighted to blame them for something that was not their choice.

Like the alcoholic, few of us would choose to be affected by an illness. Just as we can learn to have compassion for the alcoholic, we can also learn to have consideration and understanding for ourselves. There's no need to blame ourselves for something that we didn't cause. There's no need to accept any blame that anyone - including the alcoholic - might try to place on us. We don't have the power to make someone else drink - or not drink - any more than we have the power to cause or cure any other illness.

For those of us with relationships affected by alcoholism, nothing fits quite right from day to day. We know confusion, pain and despair. It took more than one day for this situation to develop, and it will take more than one day to find a solution.

At meetings we find people who have discovered that happiness is a choice they can make at any moment. Contentment is no longer seen as an accidental mood created when someone else does what we want. We see people who were able to find peace and serenity even when the outward circumstances of their lives are chaotic.

1. What are some traits I believe are important for a healthy relationship?
2. What traits have I judged in others? Are they a part of my personality?
3. How do I react when someone expresses negative emotions?
4. What are my favorite foods, activities, or styles?
5. How can I be more direct about expressing what's right for me?

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