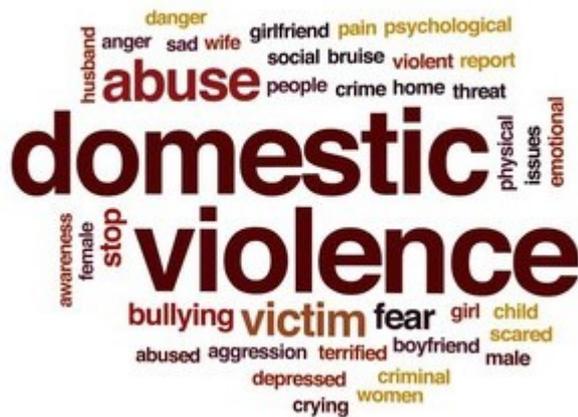


February 2019

No Longer Fearful.

By - Marina P., Oregon .



When I got to Al-Anon, I was fearful of my alcoholic husband - afraid of his rages, of things he might say to me, of riding in the car with him, and of the possibility he might leave me. I felt hopeless and trapped.

I received the gift of hope at my first Al-Anon meeting. As I continued going to meetings regularly, reading the literature, and talking to people, I began to learn that I had choices and that I could detach from my husband's behavior. As I received more serenity, I found I did not have to participate when he was angry, and his temper didn't hurt me so much. Now sometimes, when I'm doing well, I just say to myself-that's his disease talking; I don't

have to take it personally.

As I got better at taking care of myself, I chose to do the driving when we were together in the car. After lots of practice, I still hope to one day be able to simply say, "that hurt" when my husband or anyone else says something that stings. While I wait for the ability to say that to arrive, I am at least able to say to myself - that's their opinion; it doesn't have to be mine. I also recognize that sometimes my hurts are self-inflicted, and I may need to focus on my part in the situation.

I was fortunate that my spouse found sobriety, and he is my best friend today. We write love letters to each other on a regular basis, which has become a safe way for me to express some of my fears to him. I no longer fear him, nor am I afraid that he'll leave. I love him "One Day at a Time," which is all any of us can do, anyway. Each day is precious, and I thank Al-Anon for giving me a more positive attitude .

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The Loners letters from all areas can be found on our website

<https://www.alanon.org.za/members-newsletters/>

I Finally Decided To Get off the Roller Coaster.

By - Jessica M., Oregon .

My husband's and my everyday experiences together typically involved resentments, blame, arguments, and misunderstandings. The roller coaster ride went in a circle, and it seemed we could never get off. However, once I started attending Al-Anon, I started learning to keep the focus on me instead of constantly obsessing about others. I learned to hold my tongue and think whether or not I needed to say whatever popped into my mind, and usually I didn't. I learned that my husband was his own person with his own ways of thinking, feeling, and acting that were different than mine. He had his own spirit and an identity of his own, and they were worthy of my respect, consideration, and appreciation. These ideas put my thinking of him and our relationship into a whole new perspective.

I use the many tools that I've found in the literature, at meetings, and from my Sponsor. This program has given me the chance to have a growing relationship with my husband today. Before Al-Anon, we would have never had that chance. Today I am truly grateful for the gifts Al-Anon has given me.

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Sharing My Recovery with My Children.

By - Jay F., Saskatchewan.

Tonight, my teenage daughters cried because their father was drinking and had an angry outburst. I hugged them, and we talked honestly about their feelings. One of my daughters felt sad and scared. My other daughter, however, was extremely angry. They both felt guilty and asked if they had done something to cause him to drink.

I explained the disease of alcoholism. I shared that they could separate the disease from the person. They could still love their father, but hate the disease. The words continued to flow as I explained that they didn't cause his alcoholism, they couldn't control it, and they couldn't cure it. Lastly, I also explained that they did not have to accept unacceptable behavior - like how their father had behaved this evening.

As I reflect on my conversation with my daughters, my heart is overflowing with gratitude for the Al-Anon program. It is only because of the tools and slogans that I was able to respond in an honest and healthy way. When I live my program, I am able to break the generational patterns in my family.

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Literature

Please contact Annalise at the office Mon - Fri between 9am and 1pm, and she will be happy to recommend Al-Anon books and pamphlets that meet your needs...

Just for today . . .

- I'll practice the art of awareness . . .
- I'll recognize the uniqueness in everyone I meet . . .
- I'll remember that kind words accomplish much more than harsh words . . .

Compiled by:

CAPE AREA OFFICE

Postal Address

PO Box 727
Goodwood, 7459

Residential Address

Unit B5, N1 City Mews
Frans Conradie Drive
Goodwood, 7460

Tel: 021 595 4517

Fax: 086 523 3030

E-Mail: alanonct@iafrica.com

Our expenses are met by voluntary contributions. If you would like to send a donation our bank details are:

ABSA Bank (Current account)

Account No: 407 321 5579

Branch Code: 632 005

Our 24 Hour Helpline - 0861 25 26 66