

### Climbing My Way out of the Hurt.

*By - Daisy P., California .*

I grew up in a home filled with violence, drug addiction, alcoholism, abuse, and neglect. I was so confused. I even needed someone to teach me the basics of hygiene, but there was no one. By the time I reached junior high, I just knew my mother hated me. She was always hitting me or yelling at me. I was 15 years old when she beat me for the last time. I had belt marks all over my body and belt-buckle marks on my face. She had finally lost control.

Healing has been a tough road, but I have welcomed it with open arms. I was tired of feeling less than and crying for no reason. I could not shake the old memories of abuse. The question why was always on my mind. As an adult, I discovered Al-Anon. It was hard at first to face my abusive childhood honestly, but I decided that, if that's what it took for me to live a normal life, then that was what I had to do. Through many tears and painful memories, I faced each incident. Learning about alcoholism and what it does to the family was an eye-opener.

Our family was broken, as was each one of us.

Learning what alcohol and drugs do to the brain helped me face how sick my dad really was. It also helped me let go of the anger I felt toward him for giving us such an abusive childhood. I had always been blamed for the abuse inflicted on me, as well as why our dad drank and used drugs until he was raging. It took many Al-Anon meetings to truly accept that it was never my fault that Dad struggled with addiction. It was never my fault that my mother chose to stay in a violent and addicted marriage.

My job today is to "Let Go and Let God" take care of what is not my job. Working on myself is a full-time job. I had to learn to love myself and become my best friend. All those ugly names I was called were lies. I grew up around many hurting, needy people, but I am no longer one of them.

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

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

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# Moving On from My Past.

By - Kate L .

Before I came to Al-Anon, I had wrapped myself up in so many layers of denial that to sit in a room and admit the truth to myself - let alone strangers - seemed crazy. Part of me wanted to cling to that denial, and part of me knew I couldn't sustain the insanity of trying to control someone's else's behavior or my own life any longer.

In the beginning, I would think, how did I get to this point? Those first meetings were hard because I had to look at where I was square in the face, and I didn't like it very much. Before coming to Al-Anon, I felt completely ashamed about my behavior, and that made me feel alienated and isolated. In meetings, however, I felt I was accepted, and I belonged no matter what had happened in the past. I went to a lot of meetings in the beginning because I

needed them to help keep me on track. Where friends or family had let me down, the program tools were always there. They created a sense of constant support in my life that allowed me to entertain the possibility of actually feeling better. I have since learned that I don't have to carry so much shame about what I had done. I don't have to beat myself up for being in denial in the past. I could tackle moving forward "One Day at a Time," and that meant I didn't have to have all the answers. By focusing on the right steps in that one day, I learned I didn't have to lug my denial and shame around anymore, which allowed me to start really living again.

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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 be the best person i can possibly be, and not criticize myself for not being more. . . .
- I'll remember to say "thank you". . . .
- I will remember that i don't want to reach the end of my life not having accomplished my goals, and i will act accordingly . . . .

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