

Even Though My Husband Still Drinks.

By - Kathy D., Florida.

Like so many before me, I came to Al-Anon in a desperate state. I needed help without even knowing it. My husband was in the hospital for the second time in a year with pancreatitis from drinking. I had tried everything, but nothing worked. Fortunately, a social worker at the hospital suggested I go to an Al-Anon meeting. I didn't understand - I thought, he has the problem, not me. Why do I need to go to a meeting?

When I first went, I cried; I felt like nobody knew what I was going through. However, as I continued to go, I came to understand that Al-Anon is for people who are affected by or worried about someone else's drinking. I was a mess and obsessed about his every breathing moment. I could tell you everything about him, but I had lost myself through the years of heavy drinking.

I now understand why the social worker sent me to Al-Anon, and I am forever grateful. I can't even imagine

my life without it.

Today, I am in a good place, even though my husband still drinks. We have been together for 35 years, and I love him. But I do not obsess over his drinking; I have learned not to enable, and I keep the focus on myself. I start sentences off with "I" instead of "you." I also know that silence is okay - I don't have to always be talking or controlling. I can say what I mean and mean what I say without saying it in a mean way. I have found myself, and I like me today. I am not perfect and that's okay - I am a work in progress. By attending Al-Anon meetings, I have gained confidence in myself. I have boundaries today, as well as choices. I allow people into my life now instead of pushing them away. I continue to participate in meetings because I want to be part of this program that helped me live again, and I want to give back what has been given to me.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Sep; 2019 issue).

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

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

Now Back to Me.

By - Barbara D., Colorado

When I went to my first Al-Anon meeting, I was worried that I didn't belong. However, I was reassured that the only requirement for membership is that there be a problem of alcoholism in a relative or a friend. At the time, I was in a long, sad marriage but wasn't sure if my husband was an alcoholic. He drank a lot but was able to work. He lost his temper, but not only when he drank. A friend whose husband was dying of alcoholism said that, while I may not know for sure whether or not he is an alcoholic, he seems to have addictive behavior; further, she encouraged me to take care of myself. That brought me to my first meeting. I was grateful that I could give my first name only and just listen. I began to recognize many characteristics that described my relationship with my husband.

Since then, I've known I am in the right place. Although I am no longer married, I benefit from continuing to attend meetings. My son has an alcohol problem, and

Al-Anon helps me interact in healthier ways with him and everyone else I meet. In meetings, I hear many ways to take my hands off and allow things to unfold. Further, as a child, I was conditioned to be nice, but I realized I'd carried this too far. I had been compliant with my husband's wishes and abandoned myself. I realized that I had lost touch with my feelings and was out of touch with my preferences. I had been going along to get along and no longer knew, for example, what music or restaurant I liked. To keep the peace, I'd say, "you choose," or, "anything is fine with me." I'm now choosing to become more congruent with my true self. What a surprise to be able to start from scratch and begin to give myself permission to make small and large choices .

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Sep 2019 issue).

Literature

Please contact Tania Jacquelin 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 make all my decisions based on who I really am, not what others expect of me. . . .
- I'll look for the beauty in everyone. . .
- I'll be grateful for all of the people in my life. . . .

Compiled by:

CAPE AREA OFFICE

Postal Address

PO Box 727
Goodwood, 7459

Residential Address

Unit B5, N1 City Mews
Manus Gerber St.
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:

Al-Anon Family Groups
ABSA Bank (Current account)
Account No: 407 321 5579
Branch Code: 632 005

Our 24 Hour Helpline - 0861 25 26 66