

### Even If the Alcoholic Doesn't Choose Recovery.

*By - By Jean C., Florida.*

My husband didn't drink when we married, but somehow that all changed. I knew nothing about alcoholism, so I was in denial for many years. Beer led to wine, wine was accompanied by vodka, and then scotch was included. Fortunately, my husband was able to function and provide for his family. But I began to see my life becoming unmanageable. Every night he fell into bed zonked. He became someone I could not reason with, and he became threatening. I called my close friends and shared with them because I didn't know where else to turn. Before I knew it, I was paying \$350 an hour for a divorce lawyer. I didn't want a divorce; I wanted to get him help.

We separated, and things got ugly. I began seeing a therapist, who guided me to Al-Anon. I took my life back and made my own choices. In the end, my husband and I reconciled, and I chose not to divorce him. I hoped for the bright future my husband painted for us.

Unfortunately, it didn't happen. However, with the help of Al-Anon, I have tools, my marriage, and my sanity. I learned how to be happy despite my husband's choices. I was no longer willing to play the part of a victim or a martyr. It's been 30 years now. Although he does not participate in A.A., my husband has been sober for several years. More importantly, I'm where I choose to be. I take care of myself, making choices that work for me today. I have a peaceful life with friends who share my beliefs and program. I couldn't ask for better. Al-Anon's wisdom, hope, understanding, and encouragement keep me from drowning in a sea of insanity.

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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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# Into a Life of Sanity.

By - Murielle D., New Brunswick .

I came to Al-Anon at the suggestion of a family member who was in recovery. I had become so overwhelmed from the consequences of [my loved one's] alcoholism that I felt I was going insane. I felt so frightened and unresourceful. Since I didn't know what else to do, I accepted the suggestion. At that first meeting, I sat in the back, listened, and cried. I was welcomed and invited to come back. When I heard the words, "We admitted we were powerless over alcohol - that our lives had become unmanageable," I knew that this was exactly how I felt - powerless.

So, I came back again and again. I came to realize I was powerless over a lot of people, places, and things. Knowing that helped me calm down in chaotic situations. I could then concentrate on what I could

control - myself. I started making decisions - small ones - that were in my control and good for me. For one thing, I went for walks instead of staying in conflicts. Today, I am still powerless over people, places, and things, but I am much more okay with it. I take better care of myself, and I don't try to control others. I am more mindful of their right to choose their own life. I am so much calmer inside as I go about my business and let others go about theirs. Today I am much easier to live with and work with. My relationships are improving every day, thanks to Al-Anon.

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## Literature

Please contact Gail 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 not get caught up in negative thoughts . . .
- I'll be responsible with my finances . . .
- I'll remember that patience is important in life . . .

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