

## An Al-Anon Adult Child Finds Her Way.

*By - Vali F., Executive Director s .*

I didn't know when I walked into my first Al-Anon meeting what was wrong with me. I felt hopeless—not from my inability to solve an alcoholic's problem, but from failing to solve my own problems. I was in a perpetual loop of bad relationship patterns. Serial monogamy was my modus operandi - having one on the plate and another on deck ensured that I never risked being alone.

I came to Al-Anon somewhat on the recommendation of my counselor. I imagine that after several years of listening to me talk about my harmful behavior without changing it, she was growing a little frustrated. With increasing directness, she urged me to find a "support system" other than those with whom I was involved. She did not mention alcoholism or Al-Anon. In fact, I am not even certain if she understood how my behavior patterns matched those of others who had grown up in the family disease of alcoholism.

I eventually followed her direction. I found my first meeting, thanks to the efforts of

the local Al-Anon Information Service to create a fledgling website, which displayed the 20 questions from Did You Grow Up with a Problem Drinker? (S-25). At the meeting, I heard members share feelings that helped me realize I was not alone. My counselor's guidance, those members' commitment to public outreach, and that meeting saved my life. Finally, I felt hope that I could change my destructive patterns.

Al-Anon has many tools available today to share with professionals about the impact of growing up in the family disease. Al-Anon Faces Alcoholism magazine and member videos on al-anon.org offer our stories, and the Membership Survey data provides evidence of Al-Anon's effectiveness. We each have an opportunity to make a difference when we share these tools with a professional whom we know. Thank you for your efforts - they certainly made all the difference for me.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Feb 2021 issue).

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

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

---

# Moment of Clarity.

By - Eileen F., Kansas .

I was not affected by alcoholism, even though I grew up in it. At least, that is what I thought at the time. When my mom went into rehab during my senior year of high school, I thought joyfully, “problem solved! Thank goodness that is over!”

But it wasn't over. Twenty years later, my relationship with my 12-year-old daughter was awful. She was unhappy. I did everything I could to fix her life for her: hovering and telling her what to do and what to think. But the more I tried to help, the worse things got.

After one of our nightly arguments, I stormed off into my own bedroom. I sat on my bed, totally frustrated. I was alone in the room. Suddenly, out of nowhere, I heard myself saying: “It's just like living with a drunk!” I hadn't even known I was thinking that thought. Nevertheless, it was true, and I knew it as soon as I heard myself say it.

I picked up the phone in the bedroom

and called my older brother. He had mentioned going to Al-Anon meetings for adult children of alcoholics. I asked him if the meetings would help me. He said, “Yes.” Then he also said that I should go to the meetings for myself, not to fix my daughter. I did not understand why he would say that to me any more than I understood why my relationship with my daughter felt like living with a drunk, even though neither of us drank.

I went to my first meeting that week. My journey into understanding the family disease of alcoholism began. I will always be grateful for the moment of clarity I had that night sitting alone in my bedroom, and for the love, support, and hope I continue to receive in Al-Anon.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Feb 2021 issue).

## Literature

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

## Just for today . . .

- I'll remember the power of sharing my smile with others . . .
- I'll keep the greater good in mind . . .
- I'll mind my own business, and mind it well. . .

## 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](mailto: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