

### Comfortable Hearing My Own Voice.

*By - Willow M., Oregon*

Sharing in meetings has always been super hard for me. I tend not to speak up much in meetings. My natural tendency is to isolate - both when things are going well and when I am struggling. As I have grown in the Al-Anon program, I have experienced a great sense of relief each and every time I share.

Speaking about my experiences living with alcoholism validates my feelings, thoughts, and concerns. In Al-Anon, I have the wonderful opportunity to talk with a group of caring individuals whose life experiences are similar to mine. This is a privilege I had never enjoyed until I came into this program. To know that something I share may help the next person fills me with joy and gratitude for the progress I have made in learning to live in a healthy way utilizing the principles of the

program.

Since being in Al-Anon, all of my relationships have improved. As I have become more comfortable hearing my own voice reflect about my life experiences, my awareness of how I impact what is happening around me has also increased. Since I am better able to accurately represent my needs and experiences, I am better able to advocate for myself in all areas of my life.

I still have a long way to go, but when I share, I feel the clouds parting and the sun shining through to illuminate reality. When I live in reality, I can make better choices and take better care of myself. I am so grateful for this gift Al-Anon has given me.

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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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# Practicing Personal Safety.

*By - Anonymous.*

After I was sexually assaulted by the man whose drinking brought me to Al-Anon, I spoke up about my experience at a meeting. A couple of respectful Al-Anon members drew close to me in compassion. I was a newcomer to the program at the time, and it took courage to talk about the violence I had experienced, but I'm so grateful I did, for these Al-Anon members met me in my pain and listened with love.

Over time, immersed in the light of my Higher Power's care, I underwent a process of deep healing. Over the years of this healing process, I learned how important it is to trust my intuition when I sense the need for physical separation due to the real possibility of being harmed physically. As it says on page 12 of *Courage to Change (B-16)*, "When I sense that a situation is

dangerous to my physical, mental, or spiritual well-being, I can put extra distance between myself and the situation."

The Al-Anon program strongly encourages me to make my personal safety a top priority in my life. Talking things out with trusted Al-Anon members about my safety has helped me learn how to make assessments of situations that may require me to protect myself. While my spiritual well-being may ask me to pray for the drinker who threatens me, I may need to take additional measures to ensure my physical safety.

It requires strength and courage to take such steps, but after all, I am worth it.

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## 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 keep my eyes open for the smiles of children . . .
- I will read something that lifts me up . . .
- I'll focus on the positive, and positive ways of dealing with the negative . . .
- I'll remember to say "thank you" . . .

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