



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Cape Loners March 2023

Growing up is never done...

Al-Anon provides a place where the gaps in our emotional development are gently and persistently addressed and filled in. We are confronted by our immaturities, through hearing how others identify them and through the guidance in healthy behaviour and boundaries implied and taught by the slogans and the legacies. Here are a few shares in that regard:

“It’s a shock to realize how much growing up I still need to do!”

I grew up in an alcoholic abusive home. I always thought that I was more grownup and mature than most kids were because of the abuse that I had suffered. I had been known to say that I had to “grow-up” faster than other children my age just for the sheer will of survival. When I came into Al-Anon I was in complete and utter denial that my childhood had anything to do with my current situation. I was in ANOTHER alcoholic marriage and wanted to know how to fix it.

I have done a lot of growing up and have developed a lot of mental maturity over the past few years in my Al-Anon journey. I have come to understand that I have harboured a ton of resentments. I was socially awkward, there was no integrity there, honesty was lacking, denial of self-acceptance (self-worth, self-love, etc), a definite sense of being responsible for everything, and placing blame for my traumatic life on everyone else.

These were all learned defects of character, but this was the only way I knew how to live. I had nobody else to show me a better way. I really thought that I was I doing pretty well at surviving and overcoming all these terrible aspects of my life that I just kept falling into. I thank my Higher Power every single day for bringing me into the arms of Al-Anon because it gave me a way to live life that I had only dreamed of. This program has done for me what 30 years of professional help was not able to do. It fulfilled me and allowed me to mature in every aspect of my life.

Malinda

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I have learned so much about myself coming to Al-Anon. After several years in, I realized (or accepted) that I was a child married to an alcoholic. I blamed him and the world for everything, taking zero responsibility for my attitude, feelings, or anger. Avoiding conflict was how I survived. I was not enough and tried to change myself to fit their view. And when that didn’t work, I became defensive and withdrew from life. I was irritable and unreasonable without knowing it. Before my bottom, we were two people (one sober, one miserable) pretending to be married on the outside. I truly believe that Al-Anon saved my life and family. Al-Anon has given me the gifts of love, acceptance, and friends, finally loving me for who I am only because I have learned to love myself.

AL-ANON FAMILY GROUPS CAPE AREA

Unit B5, N1 City Mews
Cnr. Frans Conradie Drive &
Manus Gerber St.
N1 City
Goodwood
7460

Telephone: +27 21 5954517
WhatsApp: 0661580234
Email: alanonct@iafrica.com
Web: www.alanon.org.za

24 HOUR HELPLINE 0861 252 666

Glenda Williams (Area Chairperson) Andrea Johannes (Alt. Area Chairperson) Fatima de Souza Menezes (Finance Coordinator)



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Lori

Since I've been in Al-Anon, I've: admitted when I'm wrong, taken my responsibilities and not others', loved myself so I can love others, and am not as hard on myself. I accept my imperfections and don't take criticism as a personal attack. I accept that people are who they are and I can't fix them.

As a newcomer celebrating my first year in Al-Anon, I've come to realize that "growing up" doesn't mean I take things more seriously – just the opposite is happening! With the help of our slogan "How Important Is it?" I realize that most things are not only out of my control, but also not very important. This has been a huge shift in my overthinking brain, and a relief to my mind and heart. Laughter and lightness come much more easily as I grow in my recovery. So much space in my mind was taken up with constant worry and attempts at control, but as I recover, I am learning to use that space to simply enjoy the present moment. What a gift!

Angela WSO Member Blog

Just for today...

I will make a plan but not become resentful if it doesn't work out

I will not become obsessed with other people

I will choose to be happy

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

Reference: Name Loner Contr.

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