

Loners' Letter

Gauteng & Districts ▪ ***Never alone in Al-Anon***

August 2024

Dear Loners

Alateen has helped many young people deal with the chaos, confusion, hurt and uncertainty caused by the effects of someone else's drinking. To celebrate Alateen's 67th birthday, the August Loners' Letter is highlighting how Alateen has helped youngsters identify healthy ways to navigate and cope with their difficult circumstances. Below is a selection of comments from Alateen members explaining how they feel about Alateen and how it has helped them.

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"Before Alateen I thought I was responsible for what my parents were doing. Now I know that I didn't cause it and that I can't control or cure the alcoholism in my family. I use the slogans and read every day from my Alateen literature to keep myself sane." *Living Today In Alateen*, August 11.

"I'm a grateful member of Alateen. I am proud to say that I am a part of this program because it has helped me in so many different ways with things I struggle with. It has helped me deal with family struggles and even difficulties at school. Alateen helps me to have a different perspective on things; a more positive perspective. It helps me with even the simplest things that happen every day; like stressing about things I cannot control. This program keeps me coming back and is changing me for the better." *Gemma*

"Sometimes I feel trapped by the events in my life. I feel helpless and unable to change my situation. That's when I have to think about choices. I need to remember that while I am powerless to change other people, I can always choose my own attitude toward an unpleasant situation." *Alateen – a day at a time*, March 1

"With the help of Alateen, I've found out that it's okay to have all my feelings – the happy, the sad, the good and the bad – but it's not healthy to hide them. I've learned that whenever possible, I can express my feelings in a positive way." *Living Today In Alateen*, April 30

"The Alateen program has helped me so much in my life. It gave me a new perspective on how to deal with problems. Instead of focusing on how hard my problems are, I can learn how to deal with them. Alateen helps by giving me the tools on how to face situations and can give me a different outlook to life. *Analise*

"Anger has a way of bringing out the worst in me unless I deal with it. Alateen shows me how to be honest about my angry feelings, which helps me channel my feelings into something constructive. I'm a lot happier today and so are the people around me." *Alateen – a day at a time*, April 5

“I never knew how important it was to take care of myself until I spent a while in the Alateen program. I used to think it was my obligation to take care of my family and friends... I felt relieved to hear that my biggest responsibility is me.” *Living Today In Alateen, March 16*

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Alateen focuses on helping young people whose lives have been affected by alcoholism in a family member or close friend. We are delighted when a family is able to receive help and support from our family of Twelve Step organisations and their members, such as the family below.

“As a young girl forced to mature quickly because of my mother’s alcoholism, I thought no-one would ever understand me. Alateen proved me wrong.” *Nats*

“I lost out on the first ten years of my daughter’s life. Recovery brought with it a real relationship and my daughter now confides in me, and I can be a proper mom.” *Nikki*

Sending best wishes to all our Alateens and their families and friends.

Clare

* The quotes above are taken from Alateen’s daily readers: *Living Today in Alateen* [B-26] and *Alateen – a day at a time* [B-10]. These readers are collections of personal sharings from Alateen members around the world. There are separate pages for each day of the year as well as subject indexes to help find pages about feelings, ideas and Alateen tools.

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