The **Forum**

Writing Guideline (F-1)

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- Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member.
  - Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives.
  - There are tears, fears, joys and laughter.
  - We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life.
  - Recovery is a journey.

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- You don't have to have all the answers, and your story doesn't have to be perfect.
  - The World Service Office staff will edit for grammar, punctuation and spelling.
  - All you need to do is to share from heart.
- It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing.

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Word count for Forum features:

- Standard sharing—300 to 400 words
- "Our Three Legacies" sharing (a Step, a Tradition or a Concept of Service)—300 to 400 words
- My Story"—1,200 words
- "Zip 23454"—50 to 200 words
- "One Quote at a Time"—25 to 50 words

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Topics ideas are as limitless as your imagination:

- The Legacies (select a Step, Tradition or Concept of Service). How does one specifically help you?
- Slogans, e.g. "Easy Does It," "Keep It Simple," "Listen and Learn," "One Day at a Time," etc. (See index of Al-Anon and Alateen books for additional slogans.)
- Detachment or detach with love."
- Having or being a Sponsor, asking a member to be your Sponsor, having to change Sponsors.
- Keeping the focus on myself.
- Living in sobriety.

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Here are some suggestions to keep in mind when you write your recovery story for The Forum:

- Write in the first person singular (I, me or my) from your own experience. Focus on yourself, not someone else.
- Keep your topic related to Al-Anon. Avoid generalities, outside issues, treatment center or therapeutic language, religious philosophies and other Twelve Step programs.
- Observe Al-Anon's Twelve Traditions when sharing.

Share your Story

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SUBMIT YOUR COMPLETED WRITING

Please complete this form, including your name and address so we can acknowledge your submission. If your quote or story is published, we will send you a complimentary copy of the issue in which your sharing appears.

Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

Check one:

❑ Please use my first name, last initial and state for credit ❑ Please sign me "Anonymous" ❑ Please use my pseudonym

Name: _____

Address: _____

State/Province: _____ Country: _____

Zip/Postal code: _____

Phone: _____ E-mail: _____

(Members can photocopy and share this form with other members.)

Please submit your sharing and this form to the following address:

AFG, Inc., Attn: *The Forum*
1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617
Fax: 757-563-1656 • E-mail: wso@al-anon.org
Members website: al-anon.org/members/the-forum (Go to "Submit a Forum Personal Sharing")

https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/

REFLECTION TOPICS TO WRITE ABOUT

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It gave me relief to know that I was not responsible to control everyone else's lives.

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- What Al-Anon slogan(s) do you use the most? Why?
- What makes your HOME GROUP special?
- When I attended Al-Anon, I learned that I am special because...
- What areas of your home, workplace or life have changed by attending Al-Anon?
- How have you learned to take care of yourself with recovery in Al-Anon?
- What makes you return to Al-Anon meetings?
- My feelings are hurt. Please listen to me".
- What do you mean?

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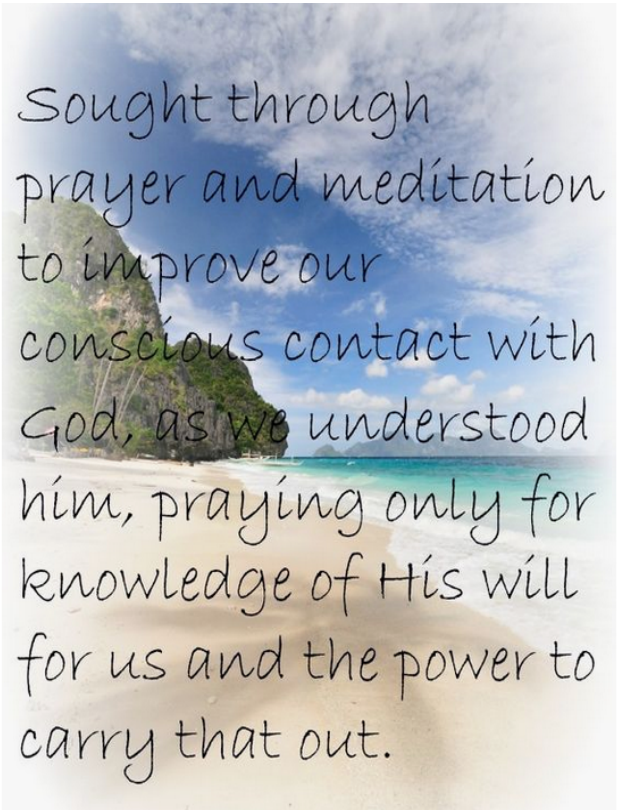
- Today I am grateful for…
- I did not want to attend this writing workshop, today, but here I am. My Higher Power wants me to share what I have in my heart.
- If you have not done any Service work, why not?
- My perceptions have changed from attending Al-Anon meetings. Write about that.
- What do you get from attending several Al-Anon meetings a week?
- What are you afraid to do? How is Al-Anon helping you with this?
- We cannot tell other members how to do it, but