

ALATEEN TALK

excerpts from 44 No. 2
www.al-anon.alateen.org

Jordan

Before coming to Alateen, I did not talk about my problems or my feelings. I just kept them bottled up inside and then exploded when alone in my room so no one else would see me.

When I come home, my Mom usually asks how I am. Before Alateen, even if it was a horrible day, I would say that it was good. I only talked about my problems if they were big. Now when my parents ask how I am, I tell them how I truly feel.

Alateen has helped me to be more open. The program has shown me that I can talk about my feelings with others without fear of being laughed at.

Jessica

When I first came to Alateen, I was afraid people would judge me and laugh at something I shared. I soon realized that Alateen is a safe place where I can say what I need to.

I used to blame my Mom for my Dad's alcoholism. I was angry at her for many years after they divorced. I thought she was trying to break up our perfect family. I argued, cried, and yelled at her. Later when I came into Alateen, I realized she was only protecting me. Now I frequently thank her for removing me from the alcoholic environment. I don't get to see my Dad, but my life is better.

Alateen has helped me in so many ways. I have more self-esteem, I am not as fearful, and I have amazing friends.

Kaylee

I have been in Alateen for a year and a half. Before the program, I was full of anger and guilt. I was angry that my Father died and guilty because I found him; I felt it was my fault. When my Mom later remarried, I had to deal with my stepfather's alcoholism. I became even angrier and questioned why I had to live with this disease. I never talked to anyone, kept my anger inside, and took it out on myself.

Since coming to Alateen, I have learned how to deal with my anger. I can leave a situation, read literature, call someone, and talk with my Higher Power. I am grateful to have friends in the program. Alateen has helped me so much!

Kacey

Before coming to Alateen, I would think about alcoholism, become depressed, and take it out on myself. I abused my body by cutting myself and wore long sleeves so no one

notice.

My teachers finally picked up on my behavior and I began seeing a therapist. I opened up and admitted that I was ashamed of myself and my family; I was ashamed of my father because of his problem with alcohol. I learned it was not my fault and was introduced to Alateen.

Alateen changed my life. I became happy and realized that I need to accept the things I cannot change. I now take life "One Day at a Time." I am thankful for my Alateen family.



Brian

My inspiration for Alateen was my pain and sorrow caused by my Mother. I remember the first Alateen meeting I attended; I finally felt safe enough to speak about my pain.

In Alateen I have a sense of comfort and I don't feel nervous. I already had friends in the program and I didn't know it. I have also made new friends. I feel better about myself since coming to Alateen and it helps me deal with stress in my life.

Anonymous

I have been in Alateen four months. At the first two meetings, I didn't say anything except my name. Everyone was very nice. After a month of meetings, I realized that I had nothing to hide. I knew everyone was just like me and some members were even in my same position. It really helps a lot, especially since nobody lets the things we talk about go outside of the group.

April

Before coming to Alateen, I was lost. I didn't know where I was going or where I was going to end up. I was scared.

In Alateen, I have found a home away from home. The program has shown me how to be myself and has been here for me when others haven't.

Alateen has taught me to be me and that things that have happened in my life are not my fault.

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Sharings may be sent to *Alateen Talk*, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or by e-mail to WSO@al-anon.org or by fax to (757) 563-1655.

YOUNGER MEMBERS

Elizabeth

Humor and laughter have aided my recovery by helping me not to butt into other people's business. When people talk about my friends, I used to make up something so they would forget what they were talking about. I also start to laugh and not make a problem that serious. This is how humor and laughter have aided my recovery.

Abbey

When I first came to Alateen, I wasn't sure what to expect. I was nervous and scared.

In meetings, I get to talk about what is on my mind. I can talk about how I feel about my Dad's drinking.

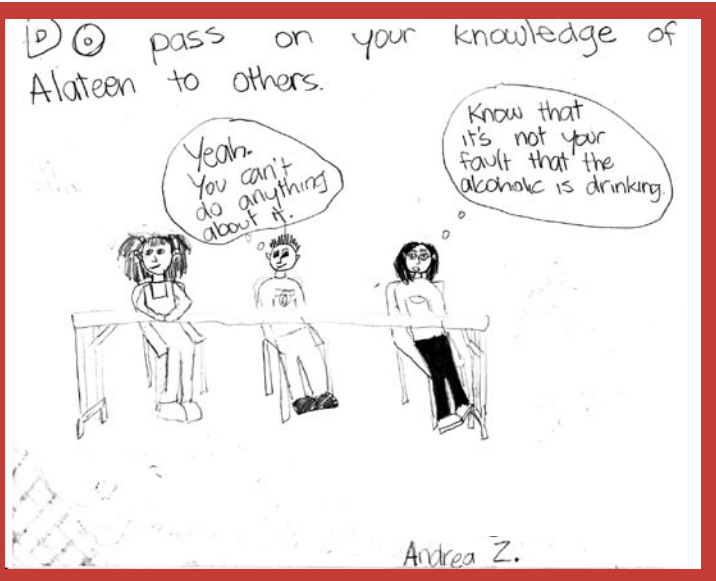
AN ALATEEN RAP SONG!

Scotty

Pennsylvania

Before the program,
I'd take not give.
But then I realized,
That's not a good way to live.
No real friendships,
I'd use people for what they had.
Didn't matter to me,
If what I was doing was bad.
Upon entering the program,
There was a feeling everyone shared.
Didn't take too long to notice,
That everyone really cared.
Real friendship ain't cheap,
Not something to throw away.
So clear out your ears,
And listen to what I say.
Value friendship,
Keep friends close,
Cause you never know when
You're gonna need each
other the most!

Alateen works!



Anonymous

Listening to music has a healing effect and helps me detach my mind from hurtful words. It drowns those words out and replaces them with something positive.

Seeing the alcoholic as a person separate from the disease has helped me to detach by realizing that the disease hurts us all. As much as I believe I am suffering, the alcoholic is also a child of God who deserves compassion, dignity, and respect.

I have learned not to take the alcoholic's words and actions personally and to accept that the disease is speaking.

Detaching helps me focus on myself. I am able to do this by working the Twelve Steps. Steps Four, Five, and Nine helped me learn to love and accept my Mom before she died and for that I am so grateful. I now handle my feelings in a positive way by writing poems, playing the bass guitar, freestyle rapping, screaming in a pillow, and painting.