

A personal experience of how Al-Anon helps a member in her work (posted 01/02/07)

As a teacher consultant and counselor at an alternative high school, I work with teens whose lives are affected by alcohol and other drugs. Sometimes the student is using these substances and for some, their parents, siblings, grandparents and extended family suffer from the effects of alcoholism. I work with these students and their parents on a daily basis, helping them to identify the problem and begin the search for a solution.

Early in my career, I actually thought I had power and control over my students. What an illusion! Al-Anon has helped me to understand that I am powerless over alcohol and its effects on these kids and their families. This allows me to detach from the disease - love the kid, hate the disease. I know now that when I get between the students (or parents) and the consequences of the choices they make, I am enabling. This will not help them to want help!

Al-Anon gives me the freedom to be helpful without being taken hostage by the illness of alcoholism. I use the tools of this program daily in my work. I am much healthier and more helpful living the steps of this program.

Lynn M.