

# WHATZ HAPPENIN'

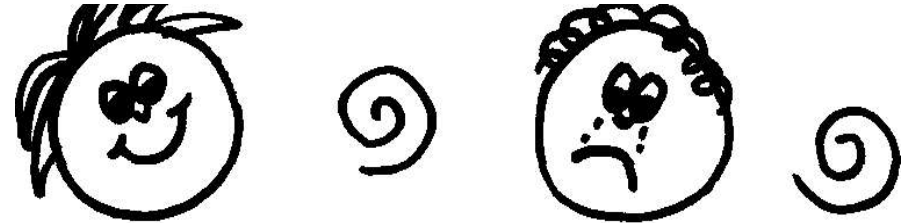
If you have an Alateen event you want to tell the whole country about, write to us. We love hearing from you! You could tell us about a milestone or just share some news.

Please write to us at:  
Alateen Link-Up  
Al-Anon Family Groups AGSO  
GPO Box 1002  
Melbourne, Victoria  
3001

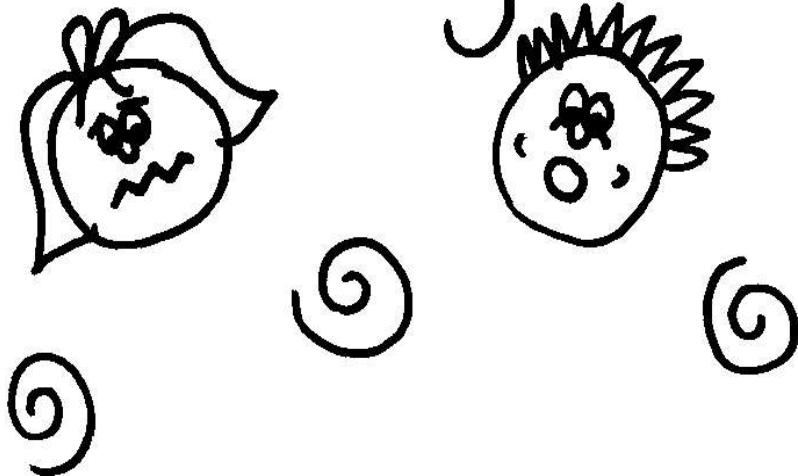


Prepared by the AGSO Alateen Committee.

# Australia's Alateen Link-Up



# Feelings...



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# Neetala's Corner

Hi Everyone,

When I first starting going to my Alateen meetings and the other members starting talking about feelings, all I knew was anger.

By talking about the things that happened in my day I started being able to understand that I had lots of feelings like jealousy, excitement, sadness, happiness and fear, to name a few. I also learnt that no-one makes me feel a certain way, that I have a choice how I let things affect me, and by talking about things in my meetings I feel a lot better about things!

Today I can feel angry or sad about something but still get on with my day and enjoy the exciting and happy things in my life.

## **Tool Box**

### **What Do Feelings Mean to You?**

*( Questionnaire from Alateen 'Fourth Step Inventory' book, P-64, Page 33.*

- 1. Am I learning to accept my feelings as a natural part of me?**
- 2. Am I getting better at letting others know how I feel?**
- 3. Am I learning to handle my feelings in ways that are good for me?**
- 4. Do I have a healthy sense of humour- can I laugh at myself?**
- 5. Am I learning to talk things over with my family and friends: to respect their feelings as I learn to respect my own?**
- 6. Do I accept the fact that feelings can change?**
- 7. Have I learned that sharing my anger, sadness and other feelings does not cause someone to drink?**
- 8. Do I believe that negative feelings about myself are seldom based on fact?**
- 9. Do you accept your feelings today? Is it easier to give a healthy response to your feelings?**

## Feelings Workshop (cont.)

### 3. The hardest feeling for me to show is...

#### Group 1

**Crying, sadness-** can only show these in places that are safe.

**Fear-** worried about being stalked by dad.

**Nervousness-** put on a brave face.

**Happiness-** lots of things.

**Sorry-** saying sorry to someone.

#### Group 2

**Sadness, Anger, Upsetness.**

### 4. When I admit I am powerless, I realise...

#### Group 1

When I tried to help dad, I realised the disease of alcohol takes over.

Can't change other people only what I do.

I'm not a failure

I realise you can't do most things that I had done before.

Can't change people, only myself.

My mum is in charge.

#### Group 2

Scared, smashing/ breaking things= not good, nothing I can do, had lost all control, I am

Powerless.

### 5. The things that make me happy are...

#### Group 1

Going to conventions, friends, being with my family and meeting new people.

Happy things.

Sport- representative basketball.

My mum and step-dad are sober; friends, family and life today.

Friends, family. Touch football.

Friends, family.

My dog, friends and computer.

My brother.

#### Group 2

Vacations with family, internet and money, seeing my mum happy, seeing my nan sober, seeing my dad sober, seeing family happy.

### 6. The things that make me sad are...

#### Group 1

Seeing mum upset, when I go through rough times.

Seeing other people upset.

When mum yells at me.

When my mum and I are fighting and when nobody loves me.

Seeing someone I love upset or when someone yells at me.

My mum and dad fighting. When mum and I fight I feel like no one likes me.

I'm upset when people around me are upset.

When people hurt me.

## **6. The things that make me sad are...**

### Group 2

*Seeing my dad drunk, seeing my dad overpowering family, mum and dad fighting, Dad's grave, no internet, no money. Everything, seeing dad drink, people who have trouble in their lives.*

## **7. If I feel sad, I can...**

### Group 1

*By doing something or keeping my mind off what made me sad.  
Go and be by myself.  
I scream and go to my room.  
Ring a friend, ring kids' helpline.  
Write down on a bit of paper then rip it up.  
I don't tell anyone then I explode.  
I try to make other people happy.  
Try and joke about it.*

### Group 2

*Calm down and talk about my feelings and go to Alateen.  
Cry, break lots of stuff, write down feelings, see school counselor, talk to my Alateen Sponsor.  
Cry, talk about it.*

## **8. When I don't know how to feel, I can...**

### Group 2

*Talk to someone, come to Alateen sit there, think, go over the Twelve Steps and write blessings.  
Watch a movie and cry.*

## **Feelings Workshop**

*This workshop was conducted at the 2009 AA National Convention (with Al-Anon and Alateen participation) on the Gold Coast. Two groups of Alateen members discussed questions then wrote their answers.*

### **1. A saying or phrase that has helped me with my feelings is...**

#### Group 1

**Easy does it!**- helps you slow down.

**Think Think Think**- express your anger because you don't want to bottle it up.

**Day At A Time**- live in the moment not the past or future.

**How important is it?**- to change feelings about something.

#### Group 2

*Never give up; Let Go Let God; &@#\$ off before I call the cops; How important is it?, Easy Does It.*

### **2. Before Alateen, I was worried or concerned about...**

#### Group 1

*Meeting new friends. The people around you.*

*Family. Family and my safety.*

*People that were there. Family. Scared and nervous.*

#### Group 2

*Family, mum and sister, nan, mum committing suicide, stuff.*