ALATEEN TALK

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al-anon.org

We are Alateen

Sabrina

Before Alateen, I didn't know who I was. One second people were annoying me and the next, they were making me laugh. Alateens are my family. In Alateen, I can be myself. Alateen friends are understanding, patient, and honest with me. I couldn't find love and understanding like I found in Alateen anywhere else in the world. I can go there, close my eyes, and stand still, feeling completely safe. I wouldn't trade this. Alateens are my people. I relate to them: the loud ones with crazy ideas or the quiet ones who hold so much back. We are all the same, coming from the same place—being affected by someone else's drinking. We are united, we are one. We are Alateen.

Serenity Prayer

Anonymous

When I first came to Alateen, I hated everything. I hated my classmates, my family, the Alateen group, the room where we met, the way I was treated, and most of all I hated myself. At first, I was mad because I thought people in my group were just pointing out the flaws I already hated and that I was just another broken toy to fix. After a while, I realized that people cared about me and honestly wanted to help. I learned that knowing my flaws and hating them doesn't help me get better. As the Serenity Prayer suggests, I have to change what I can, and accept and love what I can't.

Before and after Alateen

Chloe

Before Alateen, I was a mess I was scared, lonely, and didn't know what I was doing. My mom's drinking kept getting worse. My anger towards my sister and my mom progressed. I started throwing fits and being abusive towards my mom.

After my first month in Alateen, I started getting better. Now my anger towards my mom and my sister is less. I am very grateful for Alateen. It has helped me a lot.

I don't enable the alcoholic anymore

Meg

The program has helped me to trust, to let others make their own choices, and to let them live with the consequences of their choices. I have learned that I don't have to bail the alcoholics out of trouble. By bailing them out, I enable them and show them that I will take care of their problems. That is the opposite of what I need to do. Letting alcoholics deal with the outcome of their actions is difficult, but I am definitely working on it.

I feel part of a family

Anonymous

I used to be scared about what would happen when my dad was drinking and gambling. Now that I have been coming to Alateen, I don't have to be afraid any more. Alateen teaches me how to let my emotions come out but not in a bad way. Here, I feel comfortable and feel my emotions. Alateen is a group that makes me feel like I am part of a family. I keep coming back because it works.

Alateen helps me understand

Morgan

I came to Alateen because my father is an alcoholic. He drinks often and acts like an insensitive nut who starts ridiculous and hurtful arguments. I love him and want him to stop. Alateen helps me understand that he has a disease. I came here to vent and make friends.

Communication

Simone

Alateen has changed my life. My communication has improved tremendously. My father is the alcoholic in my life. It is very hard to talk to him. He always drifts off, especially when he is drunk. Now, I don't associate with him when he is drunk. I love him, but I hate the disease.

Alateen

Kat

When I came in
I didn't know what to do
They told me "just be you!"
They didn't judge
And taught me how not to hold a grudge.
Now that I am here
I know love is real
And I learned how to feel
I thank Alateen for all they do
And what they can do for me and you.

Younger Members

Self-esteem

Kiara

Normally, when I make a mistake, the first thing I say is negative. The reason is that I grew up where most thoughts/feelings were negative. Every word that was spoken was negative. It was never, "Have a good day," or "I love you." When my friends make mistakes, I always tell them nicer things than what I say to myself. I tell them, "Get back on your feet and start over," "it's not the end of the world," or "it is just the beginning."

Alateen has helped me so much. It has helped me think more positive thoughts and have more positive actions. I am happier with the person I am and I look up to the person I want to be. I got back on my feet and started the long, long journey with my Higher Power.

Taking the focus off

Oden

Alateen is a good thing and helps me. The other day, my dad was very angry and it was hard for me to understand him. Alateen has helped me take the focus off him. Alateen helps me with my mom, too. When she gets mad and stressed she doesn't make sense to me. Again, Alateen helps me take the focus off her.

I cannot control the drinking

Beky

When I started going to Alateen, I learned that I cannot control the person who is drinking. Alateen makes me feel like I am not the only one who has this problem. Alateen makes me feel like I am not the only. There are many others and we all are in the process to recover. Thank you, Alateen! ☺

Sharings on the Serenity Prayer

Donald

I use the Serenity Prayer when I am stressed. It reminds me that I have a Higher Power and knowing that helps me to be calm.

Bella

The Serenity Prayer makes me feel calm and helps me when something doesn't go the way I want. I use the Serenity Prayer every day at school during the morning announcements and it really helps my day to have a good start.

Kelly

The Serenity Prayer reminds me that I don't need to carry the burden of controlling the world. It teaches me to let go of things I have no control over such as the past, people's attitudes, and my brother. On the other hand, it also teaches me to step up and change the changeable things. Asking my Higher Power for wisdom helps me decide which things I can change and which ones I cannot.

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