

ALATEEN TALK

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I Love Alateen

Andrew

When I was seven years old, my dad was on the streets drinking with his friends. My family and I had a real problem with it. My dad's disease really got out of control and he beat my mom. When I was eight and a half, my dad beat another person in my family. After he did that twice he realized that he hurt everyone not only physically but emotionally. Then my dad started attending Alcoholics Anonymous. I started attending Alateen meetings when I was 12 years old. Everything I learned in Alateen helped me to cope.

After a while, my dad stopped going to his meetings and got out of control again. I stopped attending Alateen because I was stressed. Then my mom and I had a talk. She told me not to give up. So I started Alateen again. I used the Twelve Steps and I started changing. Alateen really helped me. I take the program everywhere. Now the only problem that I have is trying not to get in trouble. Now I can live a better life because of Alateen. Thank you for all your help. I never thought I would make it without the program and the members. I love Alateen. It is fun and joyful. I recommend this program to all the teens that have problems in their lives because of someone else's drinking.



it!

*Photo by the
Patience,
Acceptance,
Tolerance,
Insanity Alateen
Group, Pasadena, TX*

Alateen has changed my whole life

Shirley

Before I came to Alateen I was always angry at myself. I was angry at not being able to have a great family like everyone else in my school. I was angry by trying to change my family. And I was angry at how my family would act towards me, my friends, and the rest of the family. Then, about nine months ago, my mother suggested I go to Alateen. When I went to my very first meeting, I felt worried about what the Group Sponsor or the other kids would think of me and my family. After three to four months of going to Alateen, I realized I shouldn't be angry at myself for my mom's drinking. Now I know I cannot control what my family and friends say, act, or do. Just like the three Cs of Al-Anon and Alateen say: "I didn't cause it, I cannot control it and I cannot cure it." Since I've been in Alateen I feel a lot less angry at myself, my friends, and my family. In fact, Alateen has changed my whole life.

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Younger Members

Fitting in

Lauren

I am the only child in my family and sometimes I feel the pain of loneliness. I have complained but there was nothing I could do. I also felt alone when I thought I was the only one with alcoholism at home. When I found Alateen, I realized that I am indeed not the only one. At school I might be but I know I can phone my Personal Sponsor or any of my Alateen friends if I need help. I know I am not alone. Not fitting in can be an issue too. I have had that feeling so many times. In school I am always the youngest. In sports I am always either the oldest or youngest. I am just never in the right spot. But none of that matters in Alateen. They just make me feel whole and perfect.

"How Important Is It?"

Jessica

"How Important Is It?" This slogan helps me in so many ways at so many times. If a friend does something like rip my shirt or interrupt me when I am talking I will get very mad. But before I start yelling at them, I think: "How Important Is It?" This slogan makes me realize that I shouldn't get mad at people for stupid reasons. Alateen has taught me to establish limits too.

"One Day at a Time"

Alexis

"One Day at a Time." "One Day at a Time." "One Day at a Time." I keep repeating that every day in my mind. Don't get worried, there is nothing to worry about. Is it a mountain or a mole hill? Do I need to keep it in my mind? Or just let it go? I wish I knew this when my dad died. I came to Alateen after he died. Learning that alcoholism is a disease hit me right in the face. It was not my fault. Alcoholism is a disease and I am not a disease. Alcoholism affects people and sometime kills them. I relaxed. It was okay, "One Day at a Time!"

My Serenity Prayer

Jill

At our meeting, we say the Serenity Prayer at the start of it. "God grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference." Then, at the end I like to say: "God grant me the Serenity to accept the people I cannot change, Courage to change the person I can, and Wisdom to know that person is ME!" This helps me start the week.

With the help of Alateen

Shania

When I came to Alateen I felt shy. I am not shy anymore! I don't feel lonely any more either. I stopped screaming and saying bad things about people. I've been in Alateen for more than a year. It is great. Thank you, Alateen, for your help!

Scream for loving

Geneva

When I first came to Alateen I was scared that people would laugh at me. But when I started talking, nobody laughed. I felt happier. I used to make my mom scream, but thanks to Alateen, I am learning to let things go and just love her.

Enjoying the present

Kathleen

I remember having a happy childhood up until I was eight. I remember the day I found out my dad was an alcoholic. I was scared, not wanting to hear my mom telling me. I remember the first time my dad went to rehab. I was proud that he had realized he needed help. But when he went for the second time, I wasn't as proud. I was nervous he would start drinking again. I remember the fights sitting up at night listening to my parents yell, scream, and fight. I would lie in my bed thinking, "Why me? Poor me, I have it bad." Later that year my dad went to rehab for a third and final time. I remember being terrified, thinking this isn't going to work. My dad is not going to get sober when he gets out of rehab. I had built up all this anger towards him. I hated him for ruining our family. A few months after my dad got out of rehab my mom started going to Al-Anon. I remember the house being a bit more peaceful; not as crazy as before. I was not fine. My mom told me and my sister about Alateen. I remember being terrified and scared to go to Alateen. The first couple of times my sister went alone. I finally got the courage to go. I know now I will never turn back. Alateen has made me the person I am today. Now I am not afraid of my dad. Alateen has helped me to put all my worrying in the past, and to enjoy the present.

Change for the better

Courtney

I've been coming to Alateen for about eight months. In my time here I have changed a lot for the better. Alateen has helped me cope with my problems. I've learned to let a lot of things slide. I really like how Alateen is changing me. Yes, I still fight with my dad. He is still drinking. In the past when we had our up days, it was the greatest feeling in the world. And when we had our down days, those were terrible. Thanks to Alateen, I can be up regardless of my dad being up or down. Bottom line, he is my father and I love him from the bottom of my heart.