



# ALATEEN

## TALK

excerpts from  
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al-anon.org

## Communication

**Kirsten**

My communication skills have improved since Alateen. I used to play the role of the shy girl who waited for people to talk to her. If there was something I wanted to say, I held it in. Now I have the courage to introduce myself to others. Because I am working the program and going to meetings, I know how to establish limits. I can confront someone if I need to without getting uncomfortable feelings. Thanks to Alateen and the tools I have gained, my relationships with my family and friends are strong, healthy, and happy. I am so grateful to Alateen for all the positive things I have received in my short life. Without this program, I wouldn't be the person I am.

## Patience

**Ally**

I was constantly angry with my mother. We always fought and never talked. Two years after my mother joined Al-Anon, I finally decided to come to Alateen. I didn't realize what I was doing. After eight meetings I realized how easily I could talk to my mother. Although it is hard to admit, I also see how much we are alike. I have learned about patience in Alateen and how important it is in communication, because I must wait and think about what I want to say. Now I can let my anger simmer down. My sister, who is the alcoholic at home, told me the importance of asking questions. Whenever I need an answer, I ask. Communication has definitely made an impact on my life. I couldn't have done it without Alateen.

## Forgiveness

**Anonymous**

I've learned to communicate much better with my parents. Before I joined Alateen, my mom and I fought a lot because I felt we didn't understand each other. Alateen showed me we are similar in more ways than I could have ever realized. Alateen also gave me the tools I needed to forgive my dad and remake my relationship with him.

## Share and learn

**Meghan**

When I first came to Alateen I didn't know what to expect and I was so nervous to talk. Week after week I just listened to everyone else. One week there was a reading that stuck out to me, and I spoke about it. After I spoke I realized that I shouldn't have been nervous at all. Everyone could relate to what I said. Now every week I share and learn so much from other people and vice versa.

## Learned how to communicate

**Niecy**

My communication since Alateen has changed drastically. Before I came to Alateen my communication with people was rude and unclear. I have learned how to communicate with people the right way. If I don't want to talk, I say, "I don't want to talk" in a nice way instead of getting mad and having an attitude. I feel so comfortable in Alateen that it seems like I've been in this program for some time.

## Resentment and Forgiveness

**Michelle**

Resentment used to be an everyday problem. I resented my whole family for not being a family and my mom for the reason I didn't trust. I was constantly mad and blamed her for everything. I didn't understand how people could live in a house like mine. My mom had been in A.A. my whole life so I knew about the disease; however, it wasn't until I started attending Alateen that I realized there are also teens with crazy parents and that alcoholism is not my mother's fault.

Forgiveness has always been the hardest thing to do. I'll never forget how angry I was when my dad drank. I was also angry with my mom's boyfriend for the pain he caused her. I resented all my family for revolving their lives around liquor. It was hard to tell myself that it was okay when their actions aren't okay. My life may not be 100% okay right now, but with this program it is definitely better than what it was before and it will certainly get better. I know the friends here and the bonds we share are helping me get through. I feel thankful that I have a crazy drunk family because without them I wouldn't be here in Alateen.



## Five things that I am grateful

**Andrea**

I am grateful for my family because they mean a lot to me. If all else fails, my family is there. I am also grateful because I have everything I need and even more. The third thing is my Alateen friends. I am grateful for them because I can always talk to them about my feelings. We laugh about a lot of things and always have a great time together. The fourth thing I am grateful is being healthy. I can do things, go to places, swim, listen to music, and dance. The last thing I am grateful is that I have been able to travel to many beautiful places and for all this I am grateful.

## I came to Alateen because...

**Anonymous**

The reason I came to Alateen in the first place is because my father knew I had a risk of becoming an alcoholic. I agreed reluctantly. The first time I went to a meeting I thought it was going to be a big pity party. In that first session, I obtained comfort by listening to Alateen members share their experience, strength, and hope. I also learned that I was not the only one struggling. There were members with better, equal, or worse lives than me. I kept coming back because I needed to hear about our struggles and how to cope with them.



[al-anon.org/for-alateen](http://al-anon.org/for-alateen)

## Changed Attitudes

**Chris**

Before I came to Alateen my attitude was sassy and grumpy. But when I went to Alateen I started changing my attitude. The program tools I've been using so far are the slogans "Easy does it" and "Live and let live." If I would never change my attitude I couldn't probably have 20 friends.

## Dealing with anger

**Kelly**

When I feel angry I can be mean and unkind. Alateen helps me know that this is not okay and that I should be nice even if I'm angry.

I can go for a walk, play with my dog, or play the piano. Playing a loud, fast song on the piano lets me get my anger out without being mean to anyone. Someone might even like what I am playing!

I used to be angry a lot but I didn't know I was like this. Now I know when I'm getting angry I can choose not to react. I don't even like being around angry people now that I've been coming to Alateen.



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# Younger Members

I didn't cause it, I cannot control it, I cannot cure it

**Savannah**

The biggest thing I get from Alateen is that I didn't cause the disease of alcoholism in my mom, I cannot control it, and I cannot cure it. This helps me even in other subjects other than my mom's alcoholism in my everyday life.

Before I came to Alateen I didn't understand my mom was an alcoholic. I thought it was normal the way she was drinking, but I was wrong. I grew up with two alcoholic parents. My dad was able to change. He is now a pastor and I'm happy with him.

After attending Alateen, I understand now that my mother has a disease. She is sick and I cannot change that. In Alateen I can relate my feelings.

Alateen gives me Serenity

**Emily**

Before Alateen, I would worry all day at school. If my teacher called on me I would hear friends wondering: "why can she not find out this answer?" Now I know that I can just do my work and relax. Alateen gives me comfort. It also gives me strength when I'm weak. Most of all, it gives me serenity. That's why I came back again. I'm always calm at school because of Alateen.

Alateen makes me feel warm and happy

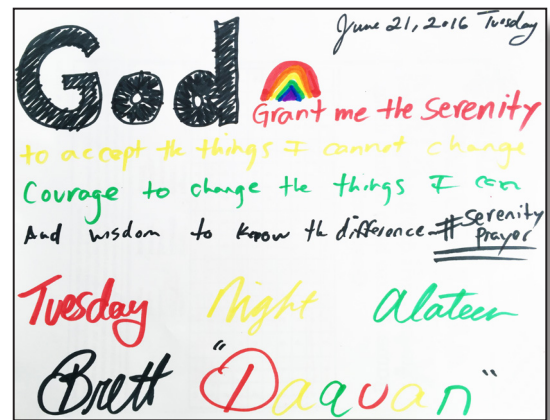
**Zachary**

Before I came to Alateen I felt like I was dead. When my dad yelled at my mom everything felt hazy most nights. I used to go to bed thinking: "I'm the cause of all this." Some nights my dad would come home drunk and I stayed up scared until he went to bed. Then I came to Alateen and thought, "this is another stupid program that is supposed to make me feel better about myself." After a few weeks, I felt the total opposite. I felt warm and happy. Now I don't blame myself for my family's disease.

Admitting my part

**Sierra**

I was always struggling with my life since my mom's drinking started. I was scared of what she would do to me if I stood up and questioned her. I took out my anger on others by exploding and screaming. I was consumed with anger and dark thoughts got stuck in my mind. Then I went to Alateen. I learned not to take out my anger on others and to admit to my Higher Power that there were other people in the world like me with the same problems and feelings.



Artwork by: Brett



Artwork by: Alex

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