

## **When I Let It**

When I first started in Al-Anon, I knew I needed help. I knew I needed to change myself to survive my relationship with my newly sober spouse. Now that he was working a program, I had become the crazy one! So, I reluctantly brought myself to my first meeting, having exhausted all other options. I didn't know if Al-Anon would help, or how, but I knew I needed something. I finally wanted what those folks had—peace and serenity.

I really enjoyed the meetings. The people were nice, the stories were real, and I didn't feel alone anymore. At the end of every meeting, they'd say, "Keep Coming Back." But I didn't really latch onto the slogans or acronyms. I did my fair share of reading, and I understood the premise of Al-Anon intellectually, but it was not a part of me—yet.

But, as the slogan goes, I kept coming back. And guess what? It worked when I let it! About three months in, I found a Sponsor and started working the Steps. Slowly but surely, without me really realizing it, Al-Anon became a part of me. I no longer have to try to remember a slogan or an acronym. I just know them. I no longer have to think, "What would Al-Anon members say or do here?" It's become instinctive.

Al-Anon gave me the peace and serenity I sought. But, as I hear at every meeting, I have to "Keep Coming Back" and allow the program to work.

*By Alicia C., Texas*

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