

I “Keep Coming Back” for Myself

I first started attending Al-Anon meetings in a desperate attempt to learn how to help my brother find sobriety. My life was unmanageable in that I didn't know how to get him to seek help, and I was powerless over the control alcohol had over him.

In that first meeting, I heard the phrase “family disease,” and the dots of my own life began connecting. I was raised, along with my sister and brother, in an alcoholic family. So many things started to make sense. I would say that neither I nor my siblings have had a healthy relationship with alcohol, and now my brother has the disease.

I realize now how greatly my life has been affected by this disease. Things like lack of confidence, isolation, being withdrawn, fear of speaking up, and being competitive are just a few of the traits that can be at least partially explained by my childhood in alcoholism. Today, I don't blame my father for this, because that doesn't change anything. I am the person I am today, and recognizing that the family disease of alcoholism contributed to that brings me some peace.

I was first drawn to Al-Anon to find out how to help my brother, but I “Keep Coming Back” to help myself.

By Russ B., Minnesota

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