

Desperate to Change

I once read that 80 percent of people make changes out of desperation, while only 20 percent change due to inspiration. When I attended my first Al-Anon meeting, I was certainly not inspired to change—I was desperate. The truth is that pain can be a great motivator for change. I cannot say that change was easy for me, nor did it happen overnight. Week after week, attending Al-Anon meetings, I found myself seeking the camaraderie, friendship, and serenity I gained from our group.

It wasn't just the people I met, the wonderful [slogans](#) I heard (they do make a difference), the shared stories, and the tears we all shed that kept me coming back. While those were invaluable, it was the reconnection to my Higher Power that "sealed the deal." I remember crying at the end of my first meeting when our meeting chair led the closing, saying, "Who loves us?" I had not felt the love of my Higher Power in years, but now I felt a bond with God that I looked forward to each week.

Today, I "Keep Coming Back" to the "club." I jokingly say, "No one wants to be a member at first, but somehow we are glad we are now." I continue to grow into the person I desire to become while also helping those new to Al-Anon find hope when there seems to be none. Pain in life is unavoidable, but suffering is optional. Al-Anon has brought me the peace and serenity I desperately sought simply because I kept coming back. After all, I'm worth it!

By Anonymous

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