

Slow and Steady

Getting to my first meeting was a lengthy process. I did not believe that Al-Anon could help me because I couldn't understand how it worked. I also had many other ideas on how to solve the problem of alcoholism in my relationship. However, as time passed and I found myself alone, I gradually slipped into despair and depression. I ran out of ideas to try, except Al-Anon. Reluctantly and humbly, I crawled into my first meeting.

I sat in the back and tried to absorb every word I heard from the members. I was surprised to hear so many feelings like mine. I wanted to write everything down and apply it to figuring out the problem of alcoholism and my situation.

That very first meeting, I heard the phrase "take what you like and leave the rest," and that there's "no situation too difficult to be bettered." It sank into my brain and filled my heart with hope. I was planning to leave, but several members came right up to greet me and asked me to come back.

I felt welcomed, and I felt an obligation to go back for that second meeting. I walked into the room, where the members greeted me. I began to think I could find a solution. I felt like it mattered that I showed up.

The funny thing was that I started feeling noticeably better. I felt as though I was not alone in facing my problems and that I wasn't unique. Slowly but surely, as I went to meetings every week, my life gradually improved.

I went from feeling completely responsible for everything to understanding both my personal responsibility and that of the alcoholic. The progress of my recovery was slow but very steady. My heart and happiness began to grow. I was working on my program and my Steps. Today, Al-Anon influences everything I do. It reminds me that, even when things are difficult, I have tools and the fellowship to lean on. I am forever changed in the most wonderful ways. Thank you, Al-Anon.

By Julie S., California

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