

## **I've Been There Too**

Have you ever been sitting in an Al-Anon meeting and, after a member shares, you hear someone respond with, “Glad you are here”? Maybe on your way out, you pass someone chatting with a newcomer and hear them say, “Glad you are here.” On my first listen, I thought it was a strange response. And it’s usually delivered in a happy, upbeat tone, possibly with a smile.

“Glad you are here!” What? *Why*? Who says such a thing in a situation like this? My misery and desperation are what got me to the room, so why would anyone be glad that I am here? The last thing a newcomer may be is happy to be in an Al-Anon meeting.

However, these four important words carry a powerful message of experience, strength, and hope. To me, they convey the message that “I’ve been where you are,” showing the newcomer that through the fellowship of Al-Anon, they, too, will find the strength I have found. Most importantly, this message offers the hope that, with each passing day, life can get better.

*By Tracy B., Texas*

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