

Let Recovery Begin with Me

Before I came into Al-Anon, I thought that my fate was entirely connected to that of my alcoholic loved one. I thought that when my loved one got sober, our family problems would go away. I felt helpless waiting for that to happen.

Desperate for change, I went to Al-Anon. I learned that alcoholism is a family disease, and I adopted the slogan, “Let It Begin with Me.” For me, “It” represents recovery. Let recovery begin with me.

I can be the one to bring recovery into my home and family. I can be the one to attend my meetings regularly. I can be the one to “Listen and Learn.” I can be the one to get a Sponsor and work the Twelve Steps of recovery. I can be the one to practice these principles in all my affairs. I no longer have to wait for anyone else. As I continue to become healthier working my recovery program, I bring that healthier “me” to every “we” I am part of.

Let recovery begin with me.

By Susan O., Florida

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