

## **Letting Go Saved Us Both**

Years ago, I walked into Al-Anon. I had exhausted all my ideas and energy trying to defeat my husband's alcoholism, which I considered a weakness of character. I tried to keep it a secret within our four walls. I lost courage when, to my chagrin, he publicly displayed uncontrolled drunken behavior. My daughter, a medical student, mentioned that if I needed help, I could find it in Al-Anon meetings. I hesitated, and the waiting period was unbearable.

Meanwhile, my husband gradually lost hope of achieving sobriety on his own. Following the advice of one of his sober friends, he checked himself into a rehab program. He didn't last even two weeks. He begged to come home and then relapsed. That's when I began attending Al-Anon meetings. I got a Sponsor and persevered in applying the Steps and slogans. A lot of sleepless nights, tears, and worries continued, but eventually, I started to look at my husband with compassion, viewing him as a helpless person trapped in a bottle. I began to accept alcoholism as an illness. My brain fog started to clear. I found my Higher Power in the Al-Anon rooms and asked for guidance every day through every challenge. I believe that changing my attitude and focusing on myself contributed to him finally finding sobriety. Today, I continue to attend Al-Anon meetings virtually as well as in person.

Thanks to the worldwide fellowship, we are thriving!

*By Anonymous*

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