

I Put Myself First

When I first came to Al-Anon, I never realized how deeply I was affected by growing up in an alcoholic family. However, attending Al-Anon meetings slowly but surely taught me how to take care of myself. For a long time, I never put myself first, but in Al-Anon, I learned that I have choices. I discovered that I can say no, let go of the rope rather than play tug-of-war, and not attend every argument I am invited to. After many years of taking care of everyone and everything, I am finally living my own life. I am so grateful to Al-Anon.

My biggest discovery was learning to pause before reacting. I used to respond impulsively, but now I am gradually learning how to respond thoughtfully.

By Karen D., Maine

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