

Members Interested in Speaking

It is normal to experience a sense of panic when being asked to speak for the first time. After this perfectly normal reaction passes and you have heard yourself saying "Yes", you will find that a wonderfully enlightening adventure is in store for you. Everyone can tell their story. All you need is the willingness to try and a reliance on a Higher Power. Sharing your story is an opportunity to discover a new side of yourself and adds another dimension of growth as you continue your Recovery Journey.

Plan What to Say

- Share your experience, strength and hope. Bear in mind that the purpose of your talk is to carry the Al-Anon/Alateen message of Recovery.
- Give a brief description of yourself before you came to the program concentrating on your behavior and not that of the alcoholic or others.
- Describe how you have changed your life by using the tools of the program.
- Share on the particular Step, book, pamphlet or slogan which was especially helpful to you
- Share how you are applying the Al-Anon/Alateen program to your life and attitudes. Focus on your recovery not another's disease

TIPS on Talking in General

- Sometimes preparing a brief outline helps
- Use an index card with an opening sentence, some key phrase you can call upon in case you get lost somewhere in the middle, and a closing statement for a graceful conclusion
- Try using the technique of looking at a person(s) you know in the group
- Speak so you can be heard in the back of the room

Speaking Before a Non-AlAnon Audience (Treatment Centers)

- Make it clear that you are expressing your own views and not necessarily those of Al-Anon/Alateen as a whole
- Keep in mind the public image of Al-Anon/Alateen is gained in part from your appearance. Try to give good account of what Al-Anon/Alateen is what they do, and the services they offer to the community
- Remember to mention Alateen (and that many meetings accept children from 8 years and up)
- Preserve anonymity by protecting the identity of all Al-Anon, Alateen, and AA members
- Keep your story brief: What brought you into the program, how it has helped you and where you are now in your recovery
- Emphasize the importance of attending Al-Anon/Alateen meetings regularly and how that has helped you in your recovery
- You may bring for the Treatment Center Al-Anon CAL Literature for their use. It is helpful if you bring some Where and When's (Minimum 10-15) to distribute to your audience thru the facilitator.

Share Joyfully

- You are interesting -- so be yourself and speak from the heart; don't be afraid to let others know you.
- You have an important message. Al-Anon Family Groups has brought you some peace of mind; let everyone know it.
- You will be successful if your talk helps just one person. You're there to carry the message the Al-Anon Family Groups offers a new way of life to those suffering from the effects of someone's drinking.