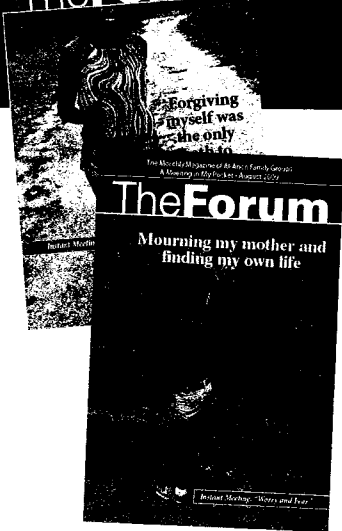


## SHARING SHEET



Recovery is about tears and fears, joys and laughter. There are sorrows. There are miracles. There are setbacks and steps forward.

Each stage of recovery has its own challenges. Whether you're a newcomer or a long-timer, everyone has something to share.

You don't have to have all the answers. Recovering from the effects of someone's drinking is a journey that is often confusing and painful. Just share from the heart. You don't have to be a professional writer. *The Forum* staff will edit for grammar, punctuation, and spelling.

Writing for *The Forum* gives you the privacy and safety to take a close look at the really difficult issues we face in dealing with the effects of alcohol. Intimacy problems, abuse, anxiety, and crises of faith are among the personal challenges that we face day-to-day as

Al-Anon members. As we share, we learn about ourselves and realize that we are not alone.

It takes courage to write with complete honesty—but finding that courage is a step forward toward recovery, for you as well as for those who read your sharing.

Here are some suggestions to keep in mind when you share your recovery in the pages of *The Forum* with the worldwide fellowship of Al-Anon.

- **Write about your own experience, not something you heard about from someone else. Keep the focus on your path to recovery, not the alcoholic.**
- Explain how one of the Legacies or tools of the program helped you deal with a specific challenge in your life.
- Write in the first person (I, me, we, and us). True personal sharings do not give direction; they express your own experience, strength, and hope.
- Avoid generalities, outside issues, treatment-center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including A.A., are asked to write only of their experience in using the Al-Anon program.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

A short sharing for the Zip 23454 Department is 50 -75 words; most feature and Legacy sharings are 300-400 words. "My Story" is our longest feature, which could be up to 1,200 words.

Regardless of how you want your name to appear in *The Forum*, please include your name and address so we can acknowledge your submission. Also, if your article is published, we will send you a complimentary copy of the issue in which your article appears.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

Please use my first name, last initial, and state for credit

Please sign me "Anonymous"

Please use my pseudonym

If the article is published in *The Forum*, do we have your permission to put it on the Internet?  Yes  No

All sharings become property of Al-Anon Family Group Headquarters, Inc. and may be used in whole or in part in the development of Al-Anon material.

Please photocopy this sharing sheet and invite others to share.

Lined writing area consisting of approximately 30 horizontal lines.

*Continue on another piece of paper*

**Please submit to:** AFG Inc., Attn: *The Forum*  
1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Fax: (757) 563-1655

Members' Web site: [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) (Go to Publications and follow link to *The Forum* page)