

“Using the Concepts in Our Personal Lives”

The Al-Anon Family Groups Members' Web site—www.al-anon.alateen.org/members—now has a page where members can share how they've strengthened their recovery by applying the Twelve Concepts of Service to their personal lives. They explain how they brought more harmony into their lives by applying the principles within the Concepts to relationships with family, friends, and co-workers.

→ password: afg of g

“Using the Concepts in our Personal Lives,” an on-line workshop, is open to all Al-Anon and Alateen members at every stage of recovery—from newcomer to longtimer. It is available in English, Spanish, and French. Members are free to share as they would in a meeting, within the guidelines posted.

Please keep in mind that this on-line workshop is **NOT** Conference Approved Literature and *only* Conference Approved Literature should be used at Al-Anon and Alateen meetings. You can use the blog as an aid in your personal recovery, but sharings may not be copied, distributed, or printed without prior permission from the World Service Office.

The blog began in January with Concept One and explores a different Concept each month. The discussion begins with a short explanation of the month's Concept, including some background about the issues that the Concept addresses. Then members “take the floor” and share how they have applied the principles in the Concept to situations in their personal lives.



Here are a few excerpts from some members' sharings posted in January and February

- Concept One is helping me to learn what my responsibilities are in all matters of my life, which ones are mine and the ones that belong to others. I'm finding that resentments I have are directly related to this Concept since I try to take on my responsibilities and then others' responsibilities and wonder why it goes awry.
- As a mother, I can apply this to my family: The ultimate responsibility and authority of the family belongs to the family members. This reminds me that I don't have to do it all, nor should I make all the decisions, if the primary goal is for our family life to flow peacefully day to day.
- Concept One teaches me that I have a responsibility to reach out and ask for help in order to restore my physical and mental health. I am not in charge of my spouse and everything else that functions—or doesn't—in our household...I am one of a team at home and one of a large and capable Al-Anon fellowship.
- In my personal life, I struggle against taking on the roles and responsibilities of everyone in the world. I am working on figuring out what is my job and what is someone else's. This Concept helps me to remember that while I am the Group Representative, I am not responsible for everything that the group does. I can let go of the power and control and let everyone do their jobs. When I do, it is amazing to me how things work out. And they always do.
- Concept Two teaches me that this is a “we” program, and I don't have to do everything. In the past, I have controlled, regulated, and fixed everything and everybody, and I came away feeling totally exhausted and old. Today, because of what I am learning with the Concepts, I can let go and have a fun, full life. Instead of feeling exhausted, I “look forward to,” and instead of feeling old, I feel “young and vibrant.” I am now a participant in my own life.

Visit the Concepts blog at www.al-anon.alateen.org/members to read what others have said and to submit your sharing. To enter the Members' Web site, use the name of your home group followed by the letters “AFG” as your password.