

ALATEEN TALK

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How has Alateen helped me to be happier?

Anjuu

Before I came to Alateen, I didn't know how to handle my problems. I am a middle class normal teenager. My father is an alcoholic and my mom works day and night. Before Alateen, my life was miserable. I wasn't studying because of my father's drinking. Every night my father came home drunk and I faced my worst fears. Mom used to cry a lot and this discouraged me. When my father lost his job I thought that my life was over. We had no money. We were on the streets. One day my mom found a place for my father's illness; A.A. for him and Al-Anon and Alateen for us. The first time I came to Alateen I didn't understand anything. When I attended my second meeting, I listened carefully and started learning how to face my day to day problems. I am learning to follow the Twelve Steps and now my life is happier. I like surrendering, writing letters, and admitting I am powerless. "Keep Coming Back," it works!



My self esteem has changed since coming to Alateen

Shelby

Before Alateen I felt overweight, dirty, and ashamed. I hated who I was and what I was. I hated my body and my heart. I uncovered past experiences involving sexual abuse as a result of someone else's alcohol abuse. As a result, I started building up walls to keep myself protected from the damage my heart went through. I tried to bottle up my pain. I began hating myself more. I went through depression and then a miracle happened; I found Alateen. I started to accept who I was on the outside and started working on the person I was on the inside. Now, I have been here two years and I still have insecurities, but now I know that with the help of my Higher Power I can get through it.

Katie

Alateen has saved my life in so many ways. Alateen has allowed me to love myself. It brought amazing people into my life that I consider to be my closest family. It has also given me the power to make the hardest decision of my life. It changed my family forever. My mom was always verbally abusive. It hurt so much to hear all my flaws thrown at me every day. Things she would say I wouldn't tell someone I hated. January 3, 2011 changed my life forever. My mom ended up kicking me in my face. My face was swollen, and black and blue. I called my close cousin and she came and picked me up. When I got in the car, my uncle was on the phone and asked me if I wanted all this to end. Of course I wanted all the pain and hurt to be over, so I said yes. He then told me that I had to make a police report against my mom. I was immediately scared, not for myself but for my mom. I was only 16. I shouldn't be the one making all these decisions. I looked over at my brother who was 13 and crying his eyes out. I then looked at my face in the reflection of the window. I knew I had to be strong and make the hard decision, not for myself but for my family. When I walked out of the police station, I finally felt relief. Without Alateen I never would have had the courage or spiritual support to take care of myself. I would still be the little girl stuck in an alcoholic's world. Instead I graduated high school a year and a half early and I am going to start college in the fall. My life has been terrifying and meaningful and I have finally found my serenity. ☺

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Have you ever felt alone?

Chet

My dad is an alcoholic and I thought he was the only person that has that disease. I also thought my brother and I were the only kids dealing with this situation. This was before I went to a program called Alateen. It was the best feeling to know that someone else was experiencing the same experiences with another alcoholic. I could get all my worries off my chest.

The Alateen program helps teenagers get through the pain that alcoholism causes by talking and hearing about other teenagers' experiences. This program helps me tremendously with my anger and frustration.

Alateen also helps me because I can get a lot of bad emotions off my chest. This brings more happiness and less depression.

I used to not get very good grades in some subjects because I could not focus. My thoughts were always on the alcoholic's drinking. Through Alateen, I now know how to get my mind off of the alcoholic's drinking which leads me to getting better grades.



Photo by Portage Alateen Group

After coming to Alateen I can now get a full night's rest. I could not do this before because I was so stressed about the alcoholic's drinking that I could not get any sleep.

In conclusion, I do better in school, have less depression, and get a full night's rest because of going to Alateen and knowing I'm not alone with alcoholism.

Younger Members



How Alateen Helps

Amanda

Before Alateen I was very confused on what to do. Not a lot was clear to me. Now that I have Alateen I am very positive about most things. I feel confident to go through situations that come to me. My mom is in recovery from her alcoholism and we are all working through this. My parents recently broke up and I switch between my parents. My dad lives in our house and my mom has an apartment but I deal with it, one step at a time.

Sarah

I am angry when my mom and my dad fight. My mom will ask me to tell my dad something. Then I get into the fight. If I stick up for one of them, the other asks whose girl I am. Since I started Alateen, I just go into my room and find something to do like read. Thanks to Alateen I have learned a lot.

Emily

I felt sad when people in school made me feel dumb. Alateen helped me to know I am smart no matter what other people say.

Marcus

I get frustrated when I am pushed around. If I push them back, I get in trouble. I know that I can react differently next time. And in time, change will be a stepping stone to react differently.

Choices

Anonymous

The program has helped me become a friendlier person. I used to fight a lot with my brothers and sister before I came to Alateen. After I started attending Alateen meetings, I found it easier to get along with my siblings. My favorite slogan is "Let Go and Let God" because I can turn my problem over to God and I don't have to worry about it anymore. The program has also helped me not to steal or do anything rude. Once I found a dollar and I gave it back to the teacher. Alateen has really helped me be a better person.

Detachment

Kyra

My group was talking about "Let Go and Let God." We wrote something we were powerless over on a balloon. I wrote that I was powerless over my friends. We went outside and let our balloons go to God. By letting go, my friends and I aren't in a fight anymore. So when I "Let Go and Let God," good will come.