

## **How to Conduct Writing Workshops for a Literature Project or *The Forum***

1. Open with the Al-Anon Suggested Welcome.

2. Offer a description such as:

*“At this meeting, we share our experience, strength, and hope in writing. As is the case with all good meetings, it doesn’t matter how much education we have or if we use big words or little ones. What matters is that we communicate from our hearts and that we keep the focus on ourselves. We write about our own experience, telling what it was like and how our lives have changed—giving special attention to the tools of the program that have helped us.*

*“Although Al-Anon and Alateen members write *The Forum* magazine and all Conference Approved Literature, not all stories that we write are for publication. Sometimes recovery comes from putting our thoughts and feelings into words by writing. Just because we write something, it doesn’t mean that we have to show it to anyone. Even if we decide to submit our recovery story for possible publication, it doesn’t mean readers need to see our name or where we live.”*

3. Ask a member to read the Twelve Steps.

4. Ask a member to read the Twelve Traditions.

5. Pass out sharing sheets for the appropriate publication(s) for which you are focusing the workshop. Read a passage from the sharing sheet that describes the type of sharings being sought.

6. Ask everyone to write based on the guidelines included on the sharing sheet, using the back of the sheet or plain white paper. Remind them that it is okay if they decide not to share. Let them write for 20 to 30 minutes. Inform them when they have five minutes to go, and then when they have one more minute to go.

6. Thank everyone for sharing. If they would like to submit a story for possible publication, ask them to include their mailing address so the WSO can send them a thank-you note. If their story is printed in *The Forum*, they will receive complimentary copies of the magazine in which it appears. Also, please ask them to indicate on paper if it is okay for the WSO to consider their story for release on the Internet.

7. In the time that remains, invite members to share what they wrote or to relate any experience they have had writing for *The Forum* or other Al-Anon publications.

8. Read the Suggested Closing.

9. Close the meeting in your usual fashion.

10. Mail the sharings to: Fellowship Communication, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617—Att: *Forum* Magazine, or Literature Committee

**Thank You!**

# How to Submit Your Sharing for WSO Publications

The stories in our Conference Approved Literature, magazines, and newsletters are written by our fellowship—members like you. The World Service Office is always looking for sharings for various publications and projects, and encourages you to share your story with us.

“Writing guidelines” for each of these publications and projects are available through your Area Literature Coordinator, the WSO, or on our Members’ site (see below).

You can send your writing for consideration via mail (1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617), fax (757-563-1655), e-mail ([wso@al-anon.org](mailto:wso@al-anon.org)), or on-line on our Members’ Web site.

## To submitting an on-line sharing on the Members’ site:

- Go to <http://al-anon.org/members/feature-publication-send-your-sharing>. You will need to log in to the Members’ site before you are redirected to the “Send Your Sharing” page. The password to enter is any variation of your group name followed by AFG (e.g. Easy Does It AFG or mondayafg).
- There you will find a list of publications and projects, including *The Forum*, *Alateen Talk*, *Al-Anon Faces Alcoholism*, INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title), and PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title). Each of these separate pages will give information about the project. A page for the NEW DAILY READER (working title) will be posted soon.

## If that doesn’t work, do the following:

- Go to the Members site: [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members). (You can also reach it by clicking on the “Members” box in the upper right corner of the Public Outreach Web site, [www.al-anon.org](http://www.al-anon.org).)
- Enter your password—any variation of your group name followed by AFG (e.g. Easy Does It AFG or mondayafg).
- Once on the home page, click on the “Individuals” tab.
- Then click on “Features Publications.”
- Then click on “Send Your Sharing.”
- There you will find a list of publications and projects, including *The Forum*, *Alateen Talk*, *Al-Anon Faces Alcoholism*, INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title), and PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title). Each of these separate pages will give information about the project, downloadable sharing guidelines, and an opportunity to send a sharing directly on-line.

Please Share in Writing on

# PARENTS AND GRANDPARENTS OF YOUNG PROBLEM DRINKERS

(working title)

The 2013 World Service Conference gave conceptual approval for "a new pamphlet to address parents and grandparents whose children (teenagers and young adults) are problem drinkers." The Literature Committee is seeking sharings from Al-Anon members for possible use in this piece.

Please share your experience, strength, and hope regarding how you have been affected by a young person's drinking, and how Al-Anon has helped you deal with it. You may address any or all of the following aspects:

- Missing or misinterpreting the signs
  - Changes in behavior or attitude at home or in school
- Distinguishing between alcoholism and typical teenage behavior.
- The jumble of feelings:
  - Embarrassment
  - Guilt and shame
  - Obsessiveness
  - Overwhelming heartache
  - Anger
  - Sadness
  - Fear (losing our child, family, home, possessions)
  - Responsibility
  - Blame—myself, my spouse, school, professionals, friends, other family members
  - Confusion
  - Grief—the loss of my child or the dreams I had for my child
  - Isolation and secrecy—I don't want anyone to know
  - Embarrassment—this is only happening to me
- The paradox of letting go while still parenting/grandparenting
- Specific Al-Anon tools that helped

In addition to personal stories, we would like to include a section of text on each of the Twelve Steps as related to being a parent or grandparent of a young problem drinker. Please share your thoughts on:

- How did a specific Step help me recover from the effects of my child or grandchild's drinking?

**Please keep the following guidelines in mind:**

- Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- Write in the first person singular—"I." Please avoid the use of the pronoun "you."
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

Please mail, fax, or e-mail your completed sharing to: Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway, Virginia Beach VA 23454-5617, Attn: Parents/Grandparents  
Fax: 757-563-1655; e-mail: [wso@al-anon.org](mailto:wso@al-anon.org) (Please put "Parents/Grandparents" in the subject line)

In order for us to acknowledge receipt of your sharing, please include your name or pseudonym and postal or e-mail address. If printed, your sharing will remain anonymous. If your sharing is not used for the piece, it will be forwarded to the *Forum* Editorial Advisory Committee for review and possible publication in *The Forum*. If your sharing is used you will be notified by letter and a complimentary issue of *The Forum* will be sent to you.

Name or Pseudonym: \_\_\_\_\_

Address or e-mail: \_\_\_\_\_

*Note: All sharings become the property of Al-Anon Family Group Headquarters Inc., and may be used in whole or part to develop Al-Anon/Alateen printed or electronic material.*

Please photocopy and distribute locally.

# Please Share for Our New Daily Reader



The 2014 World Service Conference gave conceptual approval for a new daily reader that will reflect the Al-Anon program and its members as they are now. This reader will cover a wide range of topics from a variety of members throughout our fellowship. Your sharing will help assure that our new daily reader will reflect our fellowship as it is today, just as *One Day at a Time in Al-Anon* did 45 years ago, and *Courage to Change* did 20 years ago.

Some questions to consider:

- In my early Al-Anon meetings, what kept me coming back?
- What did I hear that was difficult to relate to at first, and how did I come to understand it?
- In what ways did I initially feel different from others in Al-Anon, and how did I come to see the common thread that binds us all?
- How have I learned to "Keep an Open Mind," and how has this enhanced my recovery?
- How has service played a significant role in my recovery?
- What program principle helped me to face my most difficult challenge?

Grammar and spelling are not as important as your heartfelt experiences, feelings, and insights. Please help us make this new daily reader a vital, rich, and multifaceted expression of the Al-Anon program of recovery.

**Please keep the following guidelines in mind:**

- ❖ Focus on a single program topic, slogan, Step, Tradition, Concept of Service, spiritual principle, feeling, or attitude.
- ❖ Please keep your writing succinct (approximately 200-300 words).
- ❖ Focus on yourself, not the alcoholic or others. Write in the first person singular—"I." Please avoid the use of the pronoun "you."
- ❖ Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine, although you may refer to the God of your understanding as you prefer.
- ❖ Feel free to include a "Today's Reminder"-type summary of your sharing, a thought-provoking question, or a pertinent quotation from existing Al-Anon literature (including source and page number).

**Please mail, fax, or e-mail your completed sharing to:**

Al-Anon Family Group Headquarters, Inc.

1600 Corporate Landing Parkway

Virginia Beach VA 23454-5617

Attn: New Daily Reader

Fax: 757-563-1655

e-mail: [wso@al-anon.org](mailto:wso@al-anon.org) (Please put "New Daily Reader" in the subject line)

In order for us to acknowledge receipt, please include your name and postal or e-mail address with your sharing.

Name or Pseudonym: \_\_\_\_\_

Address or e-mail: \_\_\_\_\_

If printed, your sharing will remain anonymous. If your sharing is not used for the book, it will be forwarded to the Forum Editorial Advisory Committee for its review. If published in *The Forum*, you will be notified by letter and receive a complimentary issue of the issue in which your article appears.

Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

**Please photocopy and distribute locally.**

# Please Share in Writing on **INTIMACY IN ALCOHOLIC RELATIONSHIPS**

(working title)

The 2011 World Service Conference gave conceptual approval for "a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships." The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece.

Alcoholism is an illness that warps and seriously damages our ability to form and maintain intimate relationships. In recovery, we find many ways to connect to others, and learn to replace fear of intimacy with a healthy set of boundaries. We hope this piece can reflect the wide variety of experiences our members have faced regarding intimacy, in many different types of relationships. Intimacy takes many forms, including emotional, physical, and spiritual. Sharings do not need to be limited to sexual intimacy. However, we do want this piece to cover issues around sexual intimacy more thoroughly than any other previous Al-Anon literature, without being either too vague or too explicit and offensive. Please share your struggles as well as your successes.

Intimate relationships, or the lack of them, can be connected to feelings of shame, insecurity, fear, and guilt. Other topics that could be covered in this piece include sexual compulsion, abuse, infidelity, and promiscuity, as well as hope, trust, safety, joy, emotional and physical closeness, and a sense of feeling cared for as well as supported.

*Some questions to consider:*

- ♦ How have the dynamics of the family illness of alcoholism affected my perceptions of all types of intimacy, including sexual?
- ♦ To what extent, if any, do I accept responsibility for the loss of intimacy in my relationships?
- ♦ In what ways have issues of intimacy within an alcoholic relationship affected my other relationships?
- ♦ When, if ever, have I used sex as a substitute for real intimacy? What was the result?
- ♦ How did I feel when someone I cared about tried to use sex to control or manipulate me? How did I feel when I did the same to others?
- ♦ Describe the impact that issues of self-worth or other character defects have had on my intimate relationships with my Higher Power, the alcoholic, family members, friends, or myself.
- ♦ How has building a relationship with my Sponsor and learning to trust helped me expand my capacity for intimacy?
- ♦ What other Al-Anon tools have I used to rebuild trust and intimate relationships?

*Please keep the following guidelines in mind:*

- ❖ Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- ❖ Write in the first person singular—"I." Please avoid the use of the pronoun "you."
- ❖ Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- ❖ Kindly observe Al-Anon's Twelve Traditions when sharing.
- ❖ Share feelings and behaviors rather than discussions of mechanics and specific sexual practices or activities.

*Please mail, fax, or e-mail your completed sharing to:*

**Al-Anon Family Group Headquarters, Inc.**  
1600 Corporate Landing Parkway, Virginia Beach VA 23454-5617  
Attn: Intimacy

Fax: 757-563-1655 • e-mail: [wso@al-anon.org](mailto:wso@al-anon.org) (Please put "Intimacy" in the subject line)

In order for us to acknowledge receipt of your sharing, please include your name or pseudonym and postal or e-mail address. If you wish anonymity among WSO staff, consider creating a new e-mail address that is not in the WSO database and does not include your name.

If printed, your sharing will remain anonymous. If your sharing is not used for the piece, it will be forwarded to the Forum Editorial Advisory Committee for their review and possible publication in *The Forum*. You will be notified by letter and a complimentary issue of *The Forum* if it is printed.

You may wish to use the flip side of this sheet for your sharing.

