



Australia's Alateen LinkUp

February 2019

Welcome to the first LinkUp of 2019 — the newsletter for Alateen members in Australia. We hope you will enjoy it and that you will make it your own by sharing your stories for future issues. Sharing our stories is how we break through the isolation of living with alcoholism and provides encouragement and inspiration to others.

Maybe you're thinking "Who would want to hear from me?" But young people just like you are wondering if there's anyone who feels the way they do. You might like to share:

- What brought you to Alateen?
- What have you learned about yourself and your situation?
- How do you use the Slogans?
- Are your meetings fun?

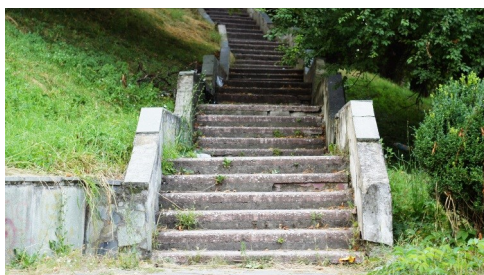
Your story may be just what another Alateen needs to hear.

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Tool Box: Alateen's Steps

Alateen and Al-Anon have valuable tools we can apply to help us to live happy lives whether the alcoholic is drinking or not. We attend meetings, read Alateen literature, talk to other teens and use our slogans. In our last issue we talked about Alateen's Slogans. In this issue, we're talking about our Steps. Fortunately for us, Alateen has readers and other materials to shed light on them.



Using Our Steps

The First Step tells me I am powerless over alcohol —what it does to the person who drinks it or how much he drinks. In fact I have no control over any other person. If I'm spending a lot of time trying to control others, then I'm letting my own life get out of control. My life has become unmanageable.

If I can accept the fact that I am the only person that I can change, then I won't have to deal with feelings of guilt and fear which come when I try to control the alcoholic and other people in my life. I can get on with living my own life.

Things to Think About

Acceptance is the biggest part of the First Step. It's the beginning of me being in control of my own life again. I can have that control today if I work at putting Step One into practice.

ALATEEN — a day at a time, p. 15



Criticism can really get to me unless I think it through. If it's false, I don't need to waste y energy getting all upset. If it's true, I can take it to heart and use my program to help change things for the better.”
Alateen—a Day at a Time, p.59

**God, grant me the serenity to
accept the things I cannot change,
the courage to change the things I
can, and the wisdom to know
the difference.**



Alateens Speak Up!

I Am Good Enough

Today we discussed self-worth. Why do I always look for approval in the wrong places? Why do I blame myself for my parents drinking? Why do I think I am not good enough? These are just some of the questions that I raised at the meeting this morning. I am so grateful that the other teens suggested I set some boundaries. I am going to try and set some boundaries for myself. I might even ask one of the Alateen members to help me. I have also started looking at myself in the mirror and saying you are OK! I like you! At first I felt a bit strange doing this but since I have been doing it I have started to believe in myself. — **Alateen, Gauteng & District, South Africa**



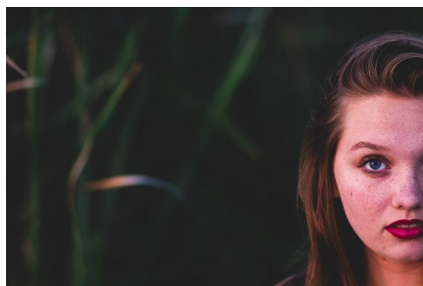
I Learnt It Was Not My Fault

My mother dragged me to Alateen. I didn't want to go! I was scared and confused. She was the drunk not me. At my first meeting everything was new but I learnt it was not my fault. I was not to blame. The other members were very friendly.

— **Alateen, Gauteng & District, South Africa**

LOVE

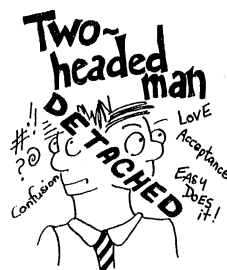
Since coming to Alateen my love for myself has grown immensely. I have taken more pride in my appearance and I'm happier. Now I know that I'm worth loving and that my love means something to others. Thanks to Alateen I can treat people with unconditional love and have tools on how to go about doing that. —Reilly, *Alateen Talk*, Summer 2017. Teen Corner
<https://al-anon.org/newcomers/teen-corner-alateen/>



Keep the Focus on Myself

When my father was drinking, I was always thinking about it. I would think about what happened the day before or about the fights with Mom. I even went so far as to daydream about what I thought might happen tomorrow. But, through the program I've found that focusing on his drinking was just a way to avoid thinking about and changing myself. I learned how to let go of him and his drinking by accepting the fact that I could not change him, all I could do is love and pray for him. Today I can let him lead his life the way he wants and I can lead mine the way I want.

— Keith, Connecticut, USA. "Alateen Talks Back On Detachment"



Edie
Maryland, U.S.A.

Tell it like it is!

If you have enjoyed reading other Alateen stories, why not write your own? Your story will help another Alateen realise that they are not alone. Share your story by sending it to agso@alphalink.com.au.

You Are Not Alone! — Alateen Resources

If you are a teenager coping with someone else's drinking, **we encourage you** to take five minutes to write a little about your experience in Alateen that we can include in the next issue.

What might you write about? Maybe ask yourself if Alateen is helping you:

- Accept your feelings?
- Share openly with your friends and parents?
- Allow yourself to make mistakes?
- Realise that the alcoholic's drinking and the behaviour of others around the alcoholic are not your fault?

Send your thoughts in to agso@alphalink.com.au

Feeling like the drinking or fighting is your fault? Or like you have to find the solution? Have a look at *Alateen Talks Back on Detachment* (P-73) to learn how to detach with love and take care of yourself!



Visit Alateen in the Twittersphere!



Alateen_WSO @Alateen_WSO · Feb 17

#Teens come to #Alateen to find ways to cope w/an #alcoholic.

What they learn can be applied to many areas of their lives.

Meetings: qoo.ly/vh9xw

#AlAnon #FamilyDisease #FamilyRecovery #teensupport #COA #alcoholism

#addiction #wednesdaywisdom #wellnesswednesday #truth

Teen Corner

One of the amazing things about Alateen is being able to connect with other Alateens, not only at our local meetings, but also by reading what others have shared on the Teen Corner of the World Service website. Check it out at: www.al-anon.org/newcomers/teen-corner-Alateen/

Did you know there is an **Alateen chatroom**? Just go to Al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/ and join a chat.

Alateen Chat Times

Eastern Time	Central Time	Mountain Time	Pacific Time
Sunday 3 pm	Sunday 2 pm	Sunday 1 pm	Sunday 12 pm
Sunday 9 pm	Sunday 8 pm	Sunday 7 pm	Sunday 6 pm
Monday 6 pm	Monday 5 pm	Monday 4 pm	Monday 3 pm
Monday 10 pm	Monday 9 pm	Monday 8 pm	Monday 7 pm
Wednesday 7 pm	Wednesday 6 pm	Wednesday 5 pm	Wednesday 4 pm
Wednesday 9:30 pm	Wednesday 8:30 pm	Wednesday 7:30	Wednesday 6:30 pm

THINK POSITIVE

"I couldn't find any good points when I took my first inventory. That was pretty scary, so I just covered up my faults and left them alone... I finally found a few positive qualities about myself. That boosted my self-confidence and gave me the strength to keep working on myself each day."



—Alateen—a day at a time, page 288

Find yourself in the list below...

Here's an opportunity for us to rate ourselves in terms of our positive traits. Because we often focus too much on what's wrong with us, this inventory helps us see what's right. Circle the number that applies to you today.

	Almost always	Often	Sometimes	Rarely	Never
Thoughtful	5	4	3	2	1
Cooperative	5	4	3	2	1
Outgoing	5	4	3	2	1
Generous	5	4	3	2	1
Helpful	5	4	3	2	1
Patient	5	4	3	2	1
Tolerant	5	4	3	2	1
Forgiving	5	4	3	2	1
Trustworthy	5	4	3	2	1
Courteous	5	4	3	2	1
Honest	5	4	3	2	1
Prompt	5	4	3	2	1
Responsible	5	4	3	2	1
Grateful	5	4	3	2	1
Humble	5	4	3	2	1
Admit mistakes	5	4	3	2	1
Sharing	5	4	3	2	1
Accepting	5	4	3	2	1
Acting natural	5	4	3	2	1
Realistic	5	4	3	2	1
Assertive	5	4	3	2	1
Consistent	5	4	3	2	1
Hopeful	5	4	3	2	1
Independent	5	4	3	2	1
Feeling good about myself	5	4	3	2	1

Look over your choices. Was "Almost always" selected more often than "Never," "Sometimes" more than "Rarely" or "Often"? This list is a useful guide to discovering how often we use positive attitudes and actions to meet the challenges of our daily lives.



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