

Austra-Link Sharing Sheet

Would you like to take the opportunity to share your experience, strength and hope with other Al-Anon and Alateen members around Australia?

Do you have time to answer 3 questions?

1. **Why did you come to Al-Anon** (/Alateen in the first place)?

2. **Why did you stay** (keep coming back to Al-Anon/Alateen)?

3. **How have you changed** (since you decided to stay in Al-Anon/Alateen)?

Your details are required before your sharing can be printed:

Full Name: _____

Al-Anon / Alateen Group: _____

Contact details (postal or email address): _____

Preferred name on your sharing: _____

(Options: *First name, Initials or Anon*)

Can we publish your sharing on our website? Tick: YES or NO

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Here are some suggestions to keep in mind when you share your recovery for Austra-Link – journal of Australian Al-Anon sharing.

- *Write about your own experience, strength and hope*
- *Keep the focus on your path to recovery in Al-Anon/Alateen*
- *Explain how the tools of the Al-Anon program helped you*
- *Write in your own unique voice (I, me, we and us).*
- *Avoid generalities, outside issues, other program's language and religious philosophies.*
- *Keep Al-Anon's Twelve Traditions in mind when sharing.*