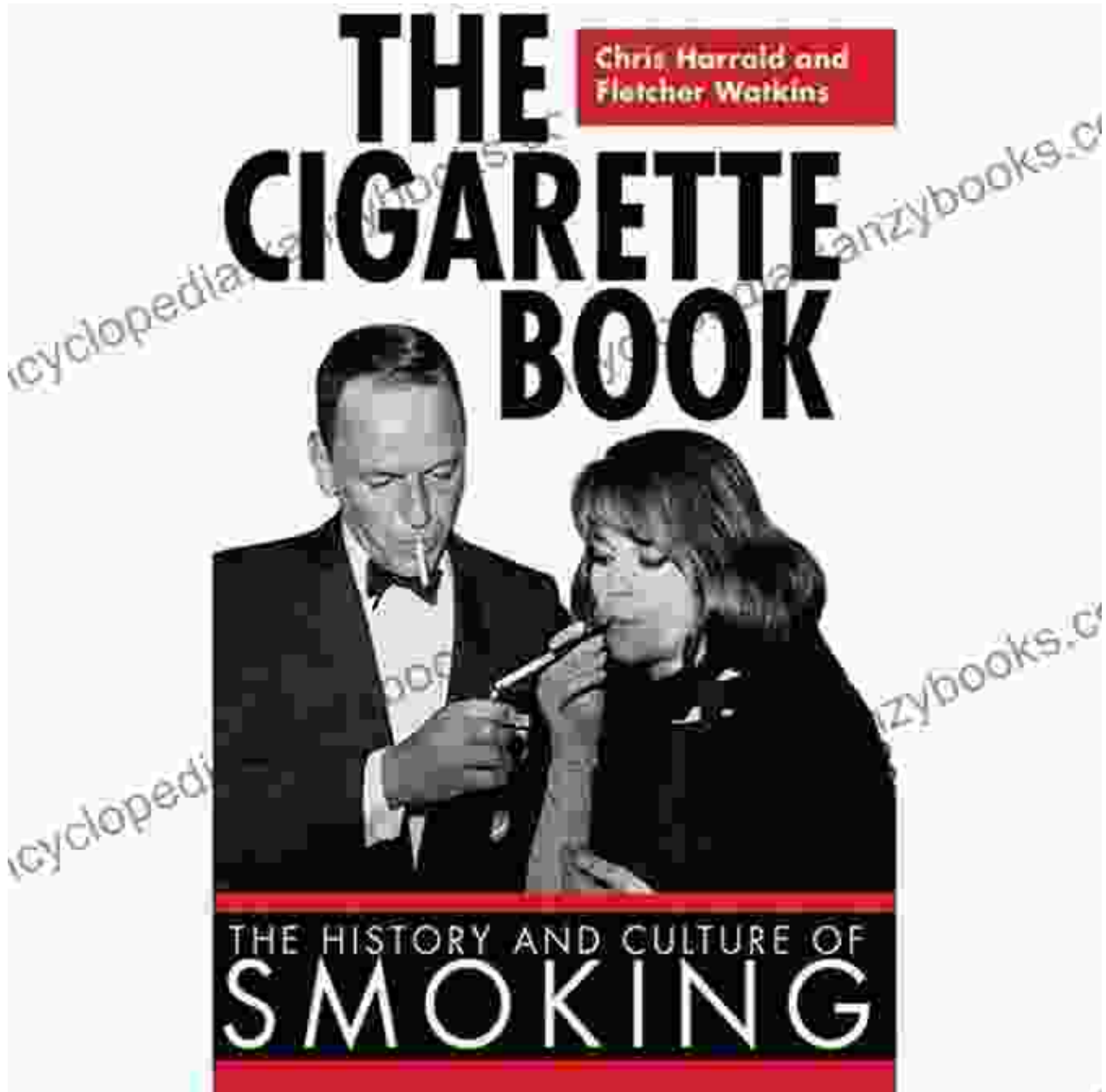


Keep Smoking: Al-Anon Family Groups: A Comprehensive Guide for Understanding and Supporting Loved Ones Affected by Substance Abuse



Keep Smoking by Al-Anon Family Groups



★★★★☆ 4 out of 5

Language : English
File size : 1428 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Substance abuse is a widespread and devastating problem that can have a profound impact on both the individuals who struggle with it and their loved ones. For family members and friends of those affected by addiction, the experience can be isolating, overwhelming, and full of uncertainty. Al-Anon Family Groups is a global organization that provides support and guidance to families and friends of alcoholics and other addicts. Keep Smoking: Al-Anon Family Groups is a comprehensive guide to understanding Al-Anon, its principles, and how to utilize its resources to support loved ones struggling with substance abuse.

Understanding Al-Anon

Al-Anon was founded in 1951 by Lois W., the wife of Alcoholics Anonymous co-founder Bill W. It is based on the Twelve Steps of Alcoholics Anonymous, which emphasize the importance of admitting powerlessness over alcohol, seeking a spiritual connection, and making amends for past wrongs. Al-Anon's mission is to provide a safe and supportive environment where family members and friends of alcoholics can share their

experiences, learn about the disease of addiction, and find hope and healing.

The Twelve Steps of Al-Anon

The Twelve Steps of Al-Anon are a guiding framework for recovery for family members and friends of alcoholics. They are:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Benefits of Al-Anon

Al-Anon provides a range of benefits for family members and friends of alcoholics, including:

- **Emotional support:** Al-Anon meetings offer a safe and confidential space where members can share their experiences, fears, and hopes with others who understand what they are going through.
- **Education:** Al-Anon provides members with information about addiction, its causes, and its effects on individuals and families.
- **Practical guidance:** Al-Anon members can learn about strategies for coping with the challenges of living with an alcoholic, including setting boundaries, communicating effectively, and taking care of their own well-being.
- **Spiritual growth:** Al-Anon encourages members to explore spiritual principles and seek a deeper connection with themselves, others, and a higher power.

- **Hope and recovery:** Al-Anon helps members to find hope and healing in the face of addiction. By working the Twelve Steps and supporting each other, members can learn to live healthier and more fulfilling lives.

How to Get Involved with Al-Anon

If you are a family member or friend of someone struggling with substance abuse, Al-Anon can provide a vital source of support and guidance. To find an Al-Anon meeting near you, visit the Al-Anon website at www.al-anon.org or call the Al-Anon Helpline at 1-800-425-2666.

Keep Smoking: Al-Anon Family Groups is a valuable resource for family members and friends of alcoholics and other addicts. By providing a comprehensive understanding of Al-Anon's principles and resources, this book empowers readers to support their loved ones on their journey toward recovery. Whether you are new to Al-Anon or have been attending meetings for years, this book will provide you with insights, inspiration, and hope.



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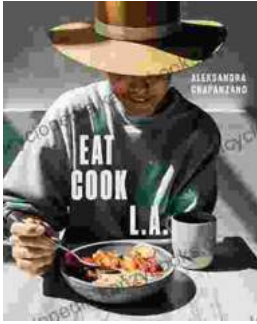
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