

The quarterly publication from Al-Anon Family Group's younger members worldwide.

ALATEEN TALK

excerpts from 48
www.al-anon.alateen.org

Am I a peacemaker or a creator of chaos?

Ashley

I am the peacemaker because I like things to flow and be full of peace. I like to be silly, easy going, and happy-go-lucky, but it can be hard with the chaos that is ongoing in my life. I recently discovered that I have a part in the problem when things go badly. I am working on that. I truly believe that you have to go through chaos before being able to find inner peace. The journey is a challenging one, but it is worth it at the end. Every difficult moment makes us better, stronger people. So am I a peacemaker or a creator of chaos? A little bit of both in my own way with a good balance. I am only taking it "One Day at A Time."



S. G.

I used to think of myself as a peacemaker. Alateen has helped me see that I am more of a people-pleaser, and that usually does not produce peace. As a people-pleaser, I often find that others are pleased, but I wound up not pleased, even resentful.

My growth in the program is happening very slowly, but I think that I cherish the peace I have found inside me. I am happiest when I am in peaceful places and situations. Chaos and drama are telling me that someone around me is unhealthy and that I need to take action to get away, detach or accept whatever the problem may be.

It takes work for serenity/peace to find a place in my daily life. Once I found a little bit of peace in me, I was able to share peaceful actions and thoughts with others. I am letting it begin with me.

David

I think I am a peace maker, not a creator of chaos. When I was little, I was a bit of a chaos creator. My family life was hectic. My parents were divorced and my sister was in jail. The only way to deal with my raging emotions was to stuff them inside. That didn't work because I wasn't able to keep it up all the time and would explode when I couldn't anymore. I was becoming something that I wasn't.

That behavior continued for a long time. One day, I brought a knife to school and was expelled. It was a reality check for me. I started attending Alateen. That is where I understood that I had to feel my feelings in order to deal with them. Now that I know what I had been doing wrong all those years, I am a peacemaker. I still have a lot of work ahead to learn what it truly is to "Let Go and Let God." Thank you Alateen.

Sharings on Self-Worth

Zach

What is self-worth? Before I came to Alateen, I used to think that trying to fit in with others was part of it. I was a follower, not my own person. When I came to Alateen, my eyes were opened. I learned that each and every single one of us is unique and important in their own way. Being the person that you really are is what I've learned about self-worth. It brings me to a higher place each day.

Mel

Self-worth is something everyone deserves, but when trust is gone and when you feel broken, self-worth isn't always reflected in the way you feel about yourself. To love someone else, you have to love yourself first.

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E-mail: wso@al-anon.org, fax: (757) 563-1655

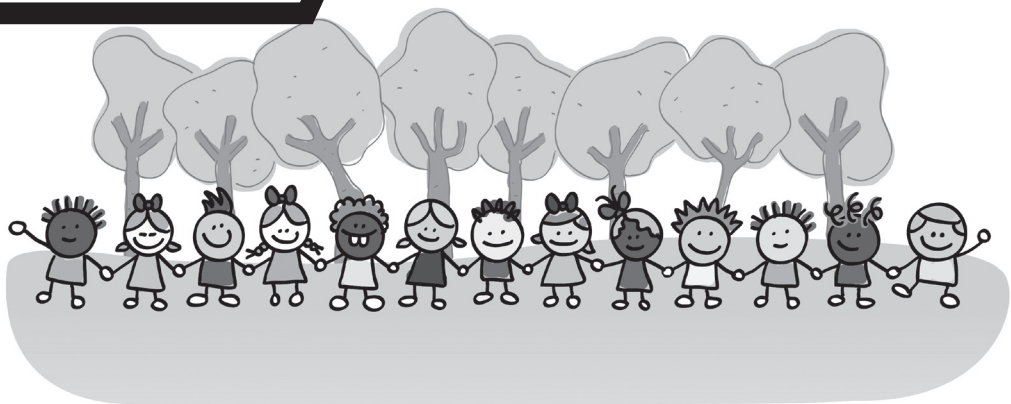
Lizzy

Alateen has helped me a lot over the years. From the slogans to the Steps and readings, I have always found a way to apply the things I have learned to my everyday life. From the day I went to my first meeting, the door to my happiness was flung open. With the help of the Alateen Group Sponsors and my fellow teens, my life has become what I always wanted it to be. My goal for success in the program was fulfilled. I have been given a second chance at life and I have Alateen to thank for that.

Rilee

Having Alateen in my life has been a blessing. I came to the program when I was at the end of my rope. Either I was going to kill myself or I was going to jail. I decided that I had nothing to lose and gave Alateen a try. Coming into a room full of teens was hard but I immediately felt at home. I wasn't judged or criticized. It felt safe to talk about my dad. Alateen has helped me see the person I can be. I used to be very sheltered but Alateen brought me out of my shell. My leadership skills have greatly improved and my self-esteem is higher. Everyone has their "off" days, but I have grown to love every part of me, even the not so good ones. I know I am worth working on even if someone else does not think so. I apply the Alateen program to every aspect of my life. I don't engage in arguments with my dad anymore; I just try and remember that he loves me and that his disease is the problem. I am slowly learning how to detach with love.

YOUNGER MEMBERS



..... **Jacob, 9**
Before I went to Alateen, I thought I was bad. At my first meeting, my life changed! I became more polite and I started to realize that I wasn't the only one with a dad who drinks. My father passed away not too long ago and I almost thought it was a dream. The next time I went to a meeting, I found out alcoholism is a disease.

Melissa, 11
I didn't think that I needed Alateen. I thought it didn't apply to me. My grandparents were alcoholics and even though they don't live with us, they still affect me. When I came to Alateen for the first time, I loved it! Keep Coming Back!

Lizzie
age 11

When I first started going to meetings, I really wasn't listening to what anybody else was saying. I didn't think that they could help and I didn't want anyone to. One day, I started listening and I realized that most of the stuff said was what I was thinking. Alateen has helped me realize I am not always right and I usually don't have all of the answers, but other members might.