

Remember.....

We have been brought together by one common problem - let us concentrate on that. Alcoholism has impacted all of our lives. Let's concentrate on sharing our experience, strength and hope so we can find contentment and even happiness, whether the alcoholics are still drinking or not.

Let's resist the temptation to gossip, and let's discourage it in others. Especially, let's avoid hurting anyone in our group, because anything that hurts one member hurts our whole group.

No one should take on a bossy attitude toward other members, directing the group's activities, giving advice, or making decisions without consulting the others. Although members may be given certain responsibilities, all are equal.

Let's be patient with those who are slow to grasp the principles of the Alateen program. Each person progresses in his or her own way. We help each other by sharing our experience, strength and hope.

Always remember that Alateen meetings are working sessions. Let's make the best use of the time we have.

Keep in confidence everything that is said at meetings. If members are assured that what they tell will not be revealed outside the group, they will feel encouraged to speak freely. Knowing that "you can tell anything" to fellow Alateens will have rich rewards for all. Remember, the friends you make in Alateen are special.

Feel free to say *Thanks for sharing* after someone shares