

# The Forum

## Writing Guideline (F-1)

Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life. Recovery is a journey.

You don't have to have all the answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All you need to do is to share from your heart.

It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing.



### Word count for *Forum* features:

- Standard sharing—300 to 400 words
- “Our Three Legacies” sharing (a Step, a Tradition or a Concept of Service)—300 to 400 words
- “My Story”—1,200 words
- “Zip 23454”—50 to 200 words
- “One Quote at a Time”—25 to 50 words

### Topics ideas are as limitless as your imagination:

- The Legacies (select a Step, Tradition or Concept of Service). How does one specifically help you?
- Slogans, e.g. “Easy Does It,” “Keep It Simple,” “Listen and Learn,” “One Day at a Time,” etc. (See index of Al-Anon and Alateen books for additional slogans.)
- Detachment or detach with love.

- Having or being a Sponsor, asking a member to be your Sponsor, having to change Sponsors.
- Keeping the focus on myself.
- Living in sobriety.
- Resolving conflicts.

### Here are some suggestions to keep in mind when you write your recovery story for *The Forum*.

- Write in the first person singular (I, me or my) from your own experience. Focus on yourself, not someone else.
- Keep your topic related to Al-Anon. Avoid generalities, outside issues, treatment center or therapeutic language, religious philosophies and other Twelve Step programs.
- Observe Al-Anon's Twelve Traditions when sharing.

Please complete this form, including your name and address so we can acknowledge your submission. If your quote or story is published, we will send you a complimentary copy of the issue in which your sharing appears.

**Note:** All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

### Check one:

Please use my first name, last initial and state for credit    Please sign me “Anonymous”    Please use my pseudonym

Name: \_\_\_\_\_

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State/Province: \_\_\_\_\_ Country: \_\_\_\_\_

Zip/Postal code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

(Members can photocopy and share this form with other members.)

Please submit your sharing and this form to the following address:

**AFG, Inc., Attn: *The Forum***

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Fax: 757-563-1656 • email: [wso@al-anon.org](mailto:wso@al-anon.org)

To submit a sharing online, please go to [al-anon.org/forumshare](http://al-anon.org/forumshare)