

#Forum

Writing Guideline (F-1)

Everyone has something to share about the Al-Anon program, whether you are a newcomer or a longtime member. *The Forum* publishes sharings that detail how Al-Anon has helped members recover from the effects of someone else's drinking—to improve and live happier lives. Our stories share our tears, fears, joys, and laughter and describe the ways we address and respond to the sorrows, miracles, setbacks, and steps forward that are part of our recovery journey.

You don't have to have all the answers, and your story doesn't have to be perfect. Just share from your heart. The World Service Office Staff will edit for grammar, punctuation, spelling, clarity, and length. It takes courage to write with complete honesty, but finding that courage is another step toward recovery for you and for those who read your sharing.



Word count for *Forum* features:

- Standard topical sharing—300 to 400 words
- “Our Three Legacies” (sharing on a Step, Tradition, or Concept of Service)—200 to 400 words
- “CAL Corner” (sharing on a particular piece of Al-Anon literature)—200 to 400 words
- My Al-Anon Story—up to 1,200 words
- Short sharing—100 to 250 words
- “One Quote at a Time” (an original sentence or two that captures some truth about your recovery)—15 to 50 words

Topic ideas are as limitless as your imagination:

- The Legacies: How does one Step, Tradition, or Concept of Service specifically help you?
- Slogans: “Easy Does It,” “Keep It Simple,” “Listen and Learn,” “One Day at a Time,” etc. (See the indexes of Al-Anon and Alateen books for additional slogans.) How have you applied a slogan in a difficult situation?

- Recovery concepts such as detachment with love, serenity, or keeping the focus on myself.
- Having or being a Sponsor, asking a member to be your Sponsor, changing Sponsors.
- A favorite piece of literature and how it helped you.
- Living in sobriety.
- Resolving conflicts.

When writing for *The Forum*, please keep the following tips in mind:

- Write from your own experience using first person singular pronouns (I, me, or my). 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.
- Avoid “teaching” or giving advice.
- Observe Al-Anon's Twelve Traditions when sharing.

Please complete this form (or its online equivalent), including your name and address so we can acknowledge your submission. If your sharing is published, we will send you a complimentary copy of the issue in which it 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: _____ Phone: _____

Address: _____ E-mail: _____

State/Province: _____

Country: _____

Zip/Postal code: _____

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

Please submit your sharing and this form to:

AFG, Inc., Attn: *The Forum*

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 • Fax: 757-563-1656

email: wso@al-anon.org • To submit a sharing online, please go to al-anon.org/forumshare