

# How has Al-Anon literature helped you?

Each month the "CAL Corner" department of *The Forum* shares members' stories about how Conference Approved Literature has helped them with their recovery. Sharing your story in "CAL Corner" could help other members find literature that would be useful to them.



Please send us your story that tells how a particular piece of literature—or portion of that piece—helped you with your recovery. Focus on what this piece has meant to you rather than on the content of the piece itself. Please limit yourself to 350 words.

#### Here are some additional tips:

- True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid use of the pronoun "you" or "we." Keep the focus on yourself.
- Avoid generalities, outside issues, treatment-center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including A.A., are asked to write only of their experience in the Al-Anon program.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

*Please photocopy this sheet and share it with others.*

Send your articles by mail to **Al-Anon Family Group Headquarters, Inc., Attn: "CAL Corner,"** 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; by fax to **(757) 563-1655**; or by e-mail to **wso@al-anon.org**.

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If needed, please continue writing on another piece of paper.

**Thank you for sharing your experience, strength, and hope with us.**

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

*\*Regardless of how you want your name to appear in *The Forum*, please include your name and address so we can acknowledge your submission. Also, if your article is published, we will send you a complimentary copy of the issue in which your article appears.*

**Address:** \_\_\_\_\_

**State/Province:** \_\_\_\_\_ **Zip/Postal code:** \_\_\_\_\_

**Phone:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ **E-mail:** \_\_\_\_\_

- Please use my first name, last initial, and state or province for credit**
- Please sign me "Anonymous"**

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**\*\*Important—please read\*\***

*Due to the number of stories we receive, we cannot guarantee publication. Please note that all sharings become property of Al-Anon Family Group Headquarters, Inc. and may be used in whole or in part to develop Al-Anon and Alateen material—printed or electronic.*

- I have read and understand that my sharing may be used in print as well as on the Internet. If used, it will be signed as I indicated above.**