

I came for a quick fix and found a way of life

As I look back, when I walked through the doors of Al-Anon, I had planned to stay long enough to find out how to get the miracle of sobriety in my home. I'm still there!

I was broken spiritually, emotionally, and physically. I had given up on everything and everyone. A friend dragged me to Al-Anon, but I was sure it was hopeless.

After my first meeting, I was still very angry. How could all those people be happy and smiling? Their homes could not be as bad as mine. Fortunately, I wanted to laugh and smile too. A member, who later became my Sponsor, took an interest in me as a newcomer, and I kept coming back.

The slogans and all the tools annoyed me, and I didn't share. I thought I didn't need Step One because I was surely in control. I didn't need Step Two because there was no way I had done anything wrong. Did I ever have a closed mind! But for some unknown reason, I kept going.

One night, I went with a group of women to another group's anniversary. They had an Al-Anon and A.A. speaker. My Higher Power moved me that night. Everything I heard there and all that had been shared in meetings made sense. I finally understood powerlessness, and I surrendered.

I started taking care of myself and gave the alcoholic a choice to get help or to go his own way.

I worked the program every day, especially the Steps and Traditions. It became easier. Five years later, we got the miracle of sobriety in our home, and we both work our programs today. But the real miracle was finding *me*. In Al-Anon, I learned how to change my life and really live.

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