



# SHARING *Sheet*

## Concept Four

*Participation is the key to harmony.*

"Before [Alateen] we were often cut off from normal interaction with our family, our neighbors, our community. Then in the fellowship we found a place where we could belong." "We felt we belonged and became able to participate constructively."

*The Concepts—Al-Anon's Best Kept Secret? (P-57), page 11*

"Alateen is not a spectator sport. If we only sit back and watch, we'll just be watching the others grow."

*Alateen—Hope for Children of Alcoholics (B-3), page 28*

**Share with us how it was the first time you participated in Alateen.** For example, the first time you shared in a meeting, or at an event. Or the first time you chaired a meeting, or gave service in some capacity.

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**How did Alateen help you overcome your fears to participate? How did you feel afterwards?**

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**How has Alateen made a difference in your participation at home or school activities?**

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Use additional paper if needed.

Your Name \_\_\_\_\_ Your Age \_\_\_\_\_

Your Group's Name \_\_\_\_\_ State/Province: \_\_\_\_\_

Send your sharing to: *Alateen Talk*

AFG Headquarters, Inc.  
1600 Corporate Landing Parkway,  
Virginia Beach, VA 23454-5617  
e-mail: wso@al-anon.org • fax: 757-563-1655

Check here if you do NOT want your name or area listed

# SHARING *Sheet*



"I'm actually starting to love myself for who I am. For once, I can say I'm proud of myself."

*Living Today in Alateen* (B-26), page 18

"If we believe God loves us and works only for our good, we will be able to trust in Him and not be afraid."

*Alateen—Hope for Children of Alcoholics* (B-3), page 14

"Since I've been in the program, I've learned that love has no requirements. If you really love me, you will love me for who and what I am. I don't have to try to be someone else or please anyone but me."

*Living Today in Alateen* (B-26), page 49

**How has the way you love yourself changed since attending Alateen?**

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**How do you express love to those that are around you?**

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**How do you see your Higher Power's love for you?**

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Use additional paper if needed.

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