

PARENTS AND GRANDPARENTS OF YOUNG PROBLEM DRINKERS

(working title)

The 2013 World Service Conference gave conceptual approval for “a new pamphlet to address parents and grandparents whose children (teenagers and young adults) are problem drinkers.” The Literature Committee is seeking sharings from Al-Anon members for possible use in this piece.

Please share your experience, strength, and hope regarding how you have been affected by a young person’s drinking, and how Al-Anon has helped you deal with it. You may address any or all of the following aspects:

- Missing or misinterpreting the signs
 - Changes in behavior or attitude at home or in school
- Distinguishing between alcoholism and typical teenage behavior.
- The jumble of feelings:
 - Embarrassment
 - Guilt and shame
 - Obsessiveness
 - Overwhelming heartache
 - Anger
 - Sadness
 - Fear (losing our child, family, home, possessions)
 - Responsibility
 - Blame—myself, my spouse, school, professionals, friends, other family members
 - Confusion
 - Grief—the loss of my child or the dreams I had for my child
 - Isolation and secrecy—I don’t want anyone to know
 - Embarrassment—this is only happening to me
- The paradox of letting go while still parenting/grandparenting
- Specific Al-Anon tools that helped

In addition to personal stories, we would like to include a section of text on each of the Twelve Steps as related to being a parent or grandparent of a young problem drinker. Please share your thoughts on:

- How did a specific Step help me recover from the effects of my child or grandchild’s drinking?

Please keep the following guidelines in mind:

- Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- Write in the first person singular—“I.” Please avoid the use of the pronoun “you.”
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- Kindly observe Al-Anon’s Twelve Traditions when sharing.

Please mail, fax, or e-mail your completed sharing to: **Al-Anon Family Group Headquarters, Inc.**
1600 Corporate Landing Parkway, Virginia Beach VA 23454-5617, Attn: Parents/Grandparents
Fax: 757-563-1655; e-mail: wso@al-anon.org (Please put “Parents/Grandparents” in the subject line)

In order for us to acknowledge receipt of your sharing, please include your name or pseudonym and postal or e-mail address. If printed, your sharing will remain anonymous. If your sharing is not used for the piece, it will be forwarded to the *Forum* Editorial Advisory Committee for review and possible publication in *The Forum*. If your sharing is used you will be notified by letter and a complimentary issue of *The Forum* will be sent to you.

Name or Pseudonym: _____

Address or e-mail: _____

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

Please photocopy and distribute locally.