

CT AL-ANON FAMILY GROUPS

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QUARTERLY FEATURE

July – August – September

The third Quarterly Feature from the LDC charts progression in:

FROM SURVIVAL TO RECOVERY

(B-21 is \$18)

In the **Preface** it is written that

“Al-Anon is a gentle program and recovery is a gradual process.”

In **Part 1 – Our Many Faces, (Chapter 1 – Do We Belong?)** it states that
“... in order to heal and claim the joy that can be ours, we need to see the world as it really is... Learning to do so can be frightening.”

In **Part 2 – Beginning to Recover, (Chapter 4 – Picking up the Tools)** one member explains that *“We have to change habits of behaviour and thinking patterns that don’t work and are actually self-destructive... Change comes through practicing something different... and using (the tools of the program) in... life. I found that where I used to react with anger and rage, I now (re)act with love and compassion... I am a survivor with choices.”*

In **Part 3 – Climbing The Steps To Recovery**, you will find chapters dedicated to examining the 12 Steps: *“Working the Steps requires willingness, effort, and action. Some members compare the Steps to markers on a path... We may feel anxiety, anticipation, and excitement as we move toward recovery. The journey is worth the effort.”*

Step into the summer of recovery!



See you next quarter in October!