

Meeting Date:
Feb 12, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Hope

DATE: Feb 12, 2018 7pm – 8pm

Al-Anon Speaker: Janice E

Book: Reaching for Personal Freedom, pg 16

Insane? Not ME! When I took the stand during a divorce, I had to take another look at that question. The opposing attorney asked, “are you insane?” I learned in Al-Anon that insanity was doing the same thing again, and again expecting different results. If I used that definition, I was definitely insane. I had done the same thing again and again expecting different results with my wife and the court. I appeared in court six times over two years, expecting things to improve. Each time things got worse.

Should I apply the legal definition of insanity, the medical definition of insanity, or the definition of insanity I learned in Al-Anon? All these thoughts were going through my head, and I had not answered the question yet. I concluded that no matter how I answered, I would come out the losing end. I finally told the court I did not know how to answer that question. No one pushed me further on the issue.

Step 2 gave me hope, God restored my sanity. The difficult circumstances of divorce did not change, but my mental, emotional and spiritual abilities did change.

1. What behaviors do I continue, expecting different outcomes?
2. How do I define “sanity”?

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For more information: Call 414 688-6884