

Meeting Date:  
Feb 19, 2018

# Monday Night How it Works AFG Open Meeting

TOPIC: A better Way

DATE: Feb 19, 2018 7pm – 8pm

Al-Anon Speaker: Chrissy D

Book: Reaching for Personal Freedom, pg 16-17

Before I found Al-Anon and worked the Twelve Steps, I felt like a victim. I thought other people had success and happiness because they were lucky or blessed by fate. I was doomed because I had been cheated by life and felt unacceptable. Actually, I had a lot going for me, but my attitude kept me from realizing it. This was a kind of insanity. I was unable to tell what behavior was sane or insane. Because of this I found myself in dangerous situations that were not in my best interest. I accepted bad behavior in others as well as myself.

Another mistaken belief was thinking that I had to figure out everything on my own, because there was no help available to me. I had often felt powerless. I didn't have trouble accepting there was a power greater than myself. In fact, I thought absolutely everything and everyone had more power than I did. I was a doormat.

When I started attending Al-Anon meetings, I met people whose lives had been much more unmanageable than mine, but who were working the Twelve Steps and had found a better way to live.

1. In what ways have I felt like a victim?
2. What changes have I seen in my life that I attribute to a Power greater than myself restoring me to sanity?

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**For more information: Call 414 688-6884**