

PLEASE SHARE

in Writing about Your Relationship
with Finances in Al-Anon Recovery

The 2024 World Service Conference gave conceptual approval to create a piece of literature about our relationship with finances in Al-Anon recovery. The family disease of alcoholism impacts us physically, emotionally, and spiritually, and every relationship is affected, including our relationship with money. Financial responsibility is often not taught in alcoholic homes, but it can be learned.

So that we might learn from one another, please share your experience of using Al-Anon principles to develop a healthier relationship with finances.

Please consider answering any of the following questions and sharing specific examples from your experience:

- How were finances handled or discussed in my alcoholic home, either growing up or as an adult? What was the impact of that and how is my financial life different in Al-Anon?
- How have I applied any of Al-Anon's Twelve Steps, Traditions, or Concepts of Service to my finances?
- What fears have I had around money, and how am I overcoming them?
- What foundational skills have I needed to develop regarding finances?
- What practical tools and suggestions have I received that have helped improve my relationship with finances?
- What Al-Anon principles help me cultivate an attitude of abundance?
- What spiritual principles guide me in deciding when to help or not to help a loved one suffering financial hardship?
- What is the connection between my financial situation and my trust in a Higher Power's care for me?
- What experience have I shared regarding finances and recovery with people I sponsor? As an Alateen Group Sponsor?
- How am I applying Al-Anon principles to finances in my romantic partnership or marriage?
- How am I applying Al-Anon principles to finances in my professional life?
- How has my Al-Anon group/District/Area handled its finances? What have I learned from this?
- In what specific ways have finances been managed in my service experience—for example, budgets, contributions, discussions about expenses, etc.?

Some key words/topics to consider as they relate to finances and recovery:

- Fear/Trust
- Hoarding/Deprivation
- Abundance/Scarcity
- Self-worth
- Attitudes
- "Fully Self-Supporting" (Tradition Seven)
- "Prudence," "Ample Reserve," and/or "Sufficient Operating Funds" (Concept Twelve, Warranty One)
- "Unqualified Authority" (Concept Twelve, Warranty Two)

Please keep the following guidelines in mind:

- Share your personal experience from the heart, focusing on yourself. Avoid giving advice.
- Please write in the first-person singular, using "I" or "me" statements. Avoid use of the pronoun "you."
- Avoid generalities, outside issues, treatment center language, religious philosophy or doctrine, and specific brand names, financial experts, or financial products.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

- If published, your sharing will remain anonymous, but please include your name and postal or email address so that we can acknowledge receipt of your submission. While there is no submission deadline, the timeline of publication depends on the volume and timeline of sharings received from the fellowship.
- If your sharing is not selected for publication, it will be sent to the *Forum* Editorial Advisory Committee for review. If it is published in *The Forum*, you will receive a complimentary copy of the issue in which it appears.

- **Please note:** All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic materials.
- Visit al-anon.org/sharing to submit online. You may also email your sharing to wso@al-anon.org or send via postal mail to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Please share this information with fellow Al-Anon members.