

DO'S AND DON'TS

DO:

FORGIVE

BE HUMBLE

TAKE IT EASY – TENSION IS HARMFUL

PLAY – FIND RECREATION AND HOBBIES

KEEP ON DOING YOUR BEST, EVEN WHEN YOU FAIL

LEARN THE FACTS ABOUT ALCOHOLISM

ATTEND AL-ANON MEETINGS OFTEN

PRAY

DON'T:

BE SELF-RIGHTEOUS

DOMINATE, NAG, SCOLD, OR COMPLAIN

LOSE YOUR TEMPER

TRY TO PUSH ANYONE BUT YOURSELF

KEEP BRINGING UP THE PAST

KEEP CHECKING UP ON THE ALCOHOLIC

WALLOW IN SELF-PITY

MAKE THREATS YOU DON'T INTEND TO CARRY OUT

BE OVERPROTECTIVE

BE A DOORMAT

(FROM: "ALCOHOLISM THE FAMILY DISEASE", P-4)