

Al-Anon Family Groups

## **Do's and Don'ts**

### DO...

- Forgive
- Be honest with yourself
- Be Humble
- Take it Easy – Tension is Harmful
- Play – Find recreation and hobbies
- Keep on Trying whenever you fail
- Learn all the facts about Alcoholism
- Attend Alanon meetings often
- Pray

### DON'T...

- Be Self-Righteous
- Try to dominate, nag, scold or complain
- Lose Your Temper
- Try to push anyone but yourself
- Keep bringing up the past
- Keep checking up on your alcoholic
- Wallow in self-pity
- Make threats you don't intend to carry out
- Be over-protective
- Be a doormat