

Al-Anon - DO'S and DONT'S

DO ...

DO Forgive

DO Be honest with yourself

DO Be Humble

DO Take it Easy - Tension is Harmful

DO Play

DO Find recreation and hobbies

DO Keep on Trying whenever you fail

DO Learn all the facts about Alcoholism

DO Attend Al-Anon meetings often

DO Pray

DON'T ...

DON'T Be Self-Righteous

DON'T Try to dominate, nag, scold or complain

DON'T Lose Your Temper

DON'T Try to push anyone but yourself

DON'T Keep bringing up the past

DON'T Keep checking up on your alcoholic

DON'T Wallow in self-pity

DON'T Make threats you don't intend to carry out

DON'T Be over-protective

DON'T Be a doormat