

# Detachment

**Alcoholism is a family disease. Living with the effects of someone's drinking is too devastating for most people to bear without help.**

**In Al-Anon, we learn that individuals are not responsible for another person's disease or recovery from it.**

**We let go of our obsession with another person's behavior and begin to lead happier and more manageable lives, lives with dignity and rights; lives guided by a Power greater than ourselves.**

## **IN AL-ANON WE LEARN THE FOLLOWING:**

- **Not to suffer because of the actions or reactions of other people.**
- **Not to allow ourselves to be used or abused by others in the interest of another's recovery.**
- **Not to do for others what they ought to, and could do for themselves.**
- **Not to manipulate situations so others will eat, go to bed, get up, pay bills, not drink.**
- **Not to cover up for anyone's mistakes or misdeeds.**
- **Not to create a crisis.**
- **Not to prevent a crisis if it is in the natural course of events.**

**Detachment is neither kind nor unkind. It does not imply judgment or condemnation of the person or situation from which we are detaching. It is simply a means that allows us to separate ourselves from the adverse effects that another person's alcoholism can have upon our lives.**

**Detachment helps families look at their situations realistically and objectively, thereby making intelligent decisions possible.**