SHARING Sheet

Communication

"To me communication means listening to others' points of view and trying to explain my own. In my family, this doesn't take place. We usually yell, punish, or misunderstand each other."

Living Today in Alateen (B-26), page 296

How has my communication improved since coming to Alateen?

Use additional paper if needed.

Your Name_____ Your Age_____

Your Group's Name _____ State/Province:_____

Send your sharing to: *Alateen Talk*

AFG Headquarters, Inc.
1600 Corporate Landing Parkway,
Virginia Beach, VA 23454-5617
e-mail: wso@al-anon.org • fax: 757-563-1655

❑ Check here if you do NOT want your name or area listed