SHARING Sheet

"Easy Does It"

". . . helps me to slow down. When I'm hurrying around the house, mad at everyone, I sometimes think of this slogan, and it helps me a lot. It also helps when I'm confused about my homework or something. It reminds me that I don't have to be perfect."

Courage to Be Me—Living with Alcoholism (B-3), page 65

A recent experience in which I practiced "Easy Does It" was?

Your Name: _____ Your Age: _____

Your Group's Name: _____ State/Province: _____

❑ Check here if you do NOT want your name to be published in the newsletter.

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***Alateen Talk* sharings can be submitted:**

- **On-line** in the Al-Anon/Alateen Members' Web site, al-anon.org/members. In the Alateen tab, access "For Alateen members", and then *"Alateen Talk."*
- **By e-mail:** wso@al-anon.org
- **By Fax:** (757) 563-1656
  Please include: Attention *"Alateen Talk"* on all correspondence.
- **By postal mail to:** AFG, Inc.
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