The Lighter Side

featured in *The Forum*

Needs YOU to share funny incidents
in <u>your</u> recovery

"It is really a pity we cannot go to market and buy ourselves a big chunk of sense of humor just as we would buy a package of yeast. They do about the same job: yeast gives lightness and pleasant texture and taste to bread; the bit of humor works to lighten the heavy seriousness of our daily living, and smooth out the rough spots in our communication with each other."

One Day At a Time, p. 164

"A good laugh may be the best tool available to help us let go..."

Courage to Change, p. 91

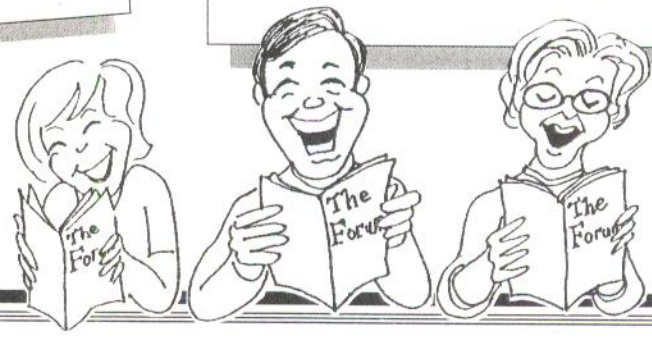
"I have discovered that I have a sense of humor...Today I can take myself and my circumstances more lightly. I can even allow joy and laughter to be a part of a difficult experience."

Courage to Change, p. 205

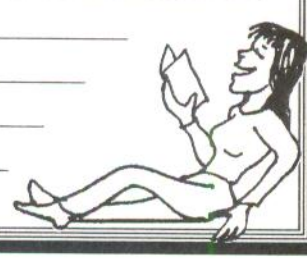
Writing hints:

Share a humorous experience from the heart with the focus on yourself, not the alcoholic or others.

Kindly observe Al-Anon's Twelve Traditions when sharing.



Use additional paper or the back of this page to complete your sharing. Please no more than 250-300 words.



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Please send sharings to:

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Fax 757-563-1655 or **E-Mail:** wso@al-anon.org

Thank you for sharing your experience, strength, and hope.

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