

Do's and Don'ts

DO...

Forgive
Be honest with yourself
Be Humble
Take it Easy – Tension is Harmful
Play – Find recreation and hobbies
Keep on Trying whenever you fail
Learn all the facts about Alcoholism
Attend Al-Anon meetings often
Pray

DON'T...

Be Self-Righteous
Try to dominate, nag, scold or complain
Lose Your Temper
Try to push anyone but yourself
Keep bringing up the past
Keep checking up on your alcoholic
Wallow in self-pity
Make threats you don't intend to carry out
Be over-protective
Be a doormat