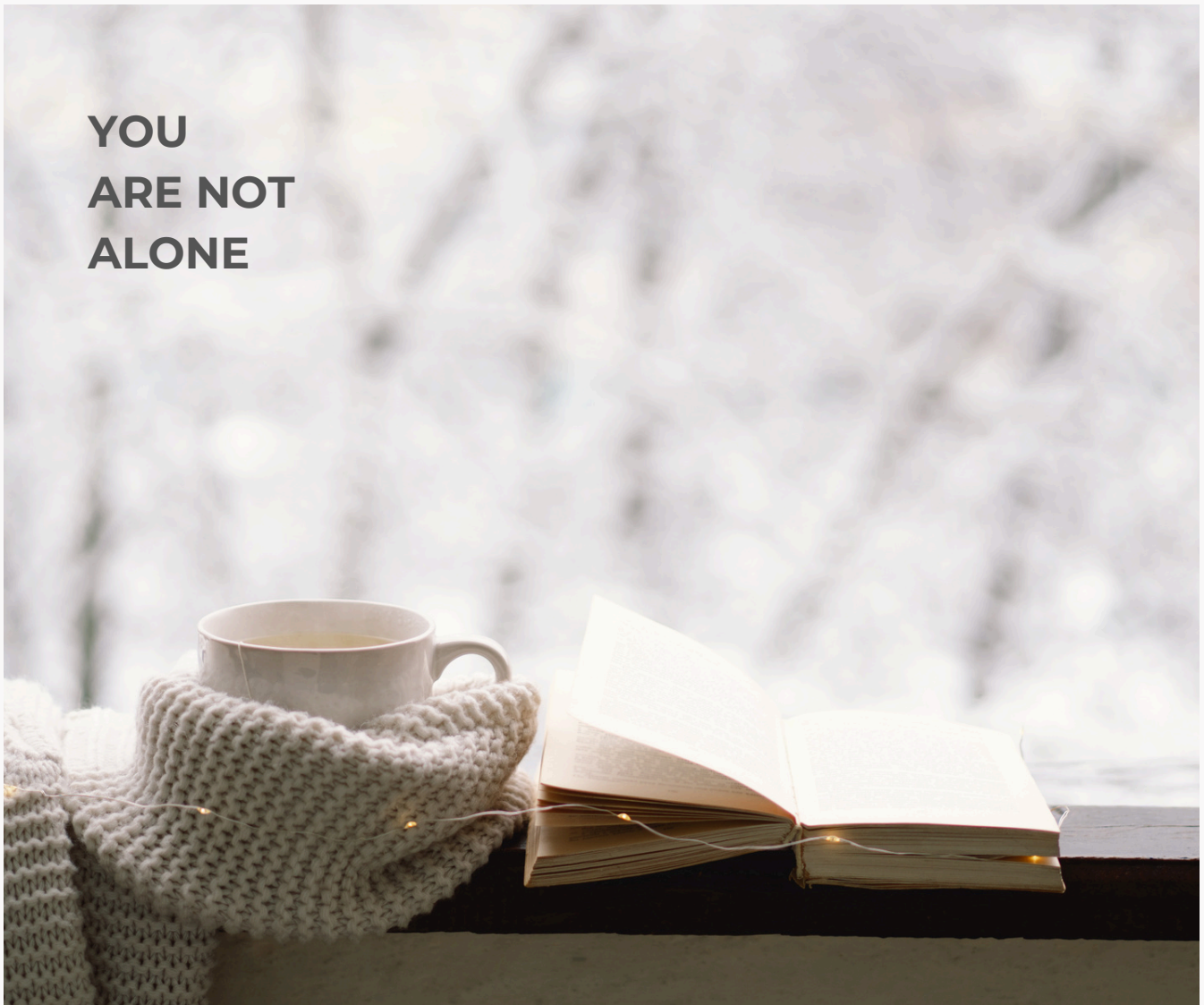


SERENITY MESSENGER

The Newsletter of the Families Anonymous Fellowship

*For relatives and friends concerned about another's use of drugs,
alcohol, or related behavioral problems*

**YOU
ARE NOT
ALONE**



EDITOR'S NOTE

The holidays, like other days, can be what we make of them. They can be filled with joyful sharing, or they can be a time rife with our dysfunctions. Like some of our addicted loved ones, who might find all the drinking and substance use around these 'merry' days testing, we codependents can as easily revert to our old ways.

For me, it's a time when my boundaries are repeatedly put to the test. If I recede into some peace and quiet, I might be cajoled and guilt-tripped into participating in every holiday event. When I do stay away and don't sign up to host, I find myself stressed with self-doubt.

It's also a time when I, like others, worry about what the people around me will choose to do. Will they drink too much and turn a special day into an embarrassment? How will I set boundaries with family members who never seem to contribute in any way? What about the menfolk at family events who sit around and expect the women to cook and clean, while they share a drink and let their hair down.

I love many things about this time of the year, but putting myself in uncomfortable situations is not one of them. I have to keep a check on overdoing things for others and then being disappointed when others actually have healthy limits for themselves.

Before the program, we did not know a better way. It never occurred to us that we had a choice, that we could move from worry to action, that we could, with a little courage, change the things we were able to change instead of being buried under the weight of things we had no power to fix. If we know people's behaviour patterns, we can accept reality and prepare to change our behaviour instead.

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The holidays are a good time to take a relationship inventory, to think about what others mean to us. Where can we set boundaries? How can we celebrate the relationships that have meant something to us? How can we take time to spend the holidays meaningfully with those who matter and not let ourselves be burdened with what we are told the holidays should or must be? Instead, we can create a version of the holidays that we really want, that really brings us joy.

It's also a great time to be grateful for all the good the year has brought, for the changes that are in motion, slowly but surely, and for everything this fellowship has meant to us.

IN FELLOWSHIP,
ELIZABETH S.



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Serenity Messenger

Families Anonymous Inc.
701 Lee Street, Suite 670
Des Plaines, IL 60016 USA

newsletter@familiesanonymous.org

Editorial Team

*Elizabeth S., Bob S., Nicole G.,
Ann P., Chris Y., Nadine W.*

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A DIFFERENT KIND OF CHRISTMAS

Jennifer S. Shares How She Chooses to Celebrate Her Holidays, Away From Chaos

I used to decorate our home like a store window. Every room was decorated for Christmas. I loved doing it. The Norman Rockwell holiday. Then, when our son's addictions began to infiltrate our lives, I found myself decorating the tree while I sobbed. But I was not going to let the house not be decorated properly. Today, I like the lights and the candles and the smells, but decorating seems to take a back seat to things that feel more important to me.

This year my husband and I were sick with a respiratory illness. I got better after two weeks, but he didn't. We were planning to have a turkey dinner here on Christmas Day with some friends. I did not hesitate to cancel the dinner.

In the past I would have plowed through and made myself do it. Now, it is just not that important. Our health is more important. I have learned to pace myself; to say no to prevent myself from being overwhelmed; to prioritize more easily; to not feel responsible for others' holiday happiness.



I have learned to pace myself; to say no to prevent myself from being overwhelmed; to prioritize more easily; to not feel responsible for others' holiday happiness.

It is important to my husband to be Santa at a beach gift giveaway for disadvantaged kids on Christmas morning. Last year there were almost 400 kids there. My husband grows out his white beard and really looks like a jolly Santa. So our goal was to get him well enough to go do that, and then we could bask in the joy of giving to those children and just take care of ourselves.

With him in his Santa outfit (white shorts, red polo shirt and Santa hat...we are in a tropical climate, so that is appropriate), we went to the Malecon—the main walkway along the beach—where local families walk and buy food and enjoy being out. He had a big bag of Christmas candy. He passed out the candy to kids and adults. I was amazed at the big smiles and joy from everyone. Every child and adult said gracias/thank you. There were many photos taken of him with the families. It so warmed my heart to see the joy he was giving to so many people simply by being Santa and being giving. There is a lot of poverty here, yet these are among the most grateful, polite, joyful people I have ever seen. To me, this brought a lot of joy to my holiday.

A DIFFERENT KIND OF CHRISTMAS *cont'd*

On Christmas morning we will go to the beach, where there will be many children and their families lined up to receive gifts that people donate. Many are kids who will not receive gifts otherwise. My husband is their Santa for this event.

We are far away from our family, so this is a wonderful thing to be part of on Christmas morning. There is a feeling of fulfillment to help bring joy and giving to others.

We will talk on the phone with our two sons, who live a long way away, and be grateful for their current sobriety and the relationships we have managed to have with them. There were many years of strained relationships and no relationships. Today, we are not the perfect family, but we manage to love each other, appreciate our differences, and share our joys. My home may not look like the Norman Rockwell Christmas anymore, but I have a healthy, respectful relationship with my sons, and that is way more important to me now.

JENNIFER S.

REPUBLISHED FROM THE 12 STEP RAG, DECEMBER 2011

MY HOME MAY NOT LOOK LIKE
THE NORMAN ROCKWELL
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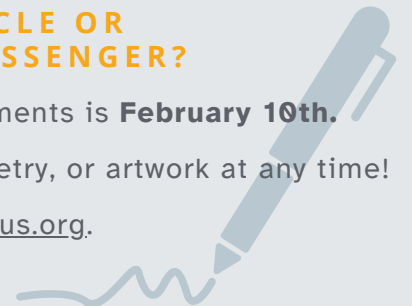


THINKING OF SUBMITTING AN ARTICLE OR ANNOUNCEMENT TO THE SERENITY MESSENGER?

For our upcoming issue, the deadline to submit announcements is **February 10th.**

We gladly accept submissions of original articles, letters, poetry, or artwork at any time!

Email us at newsletter@familiesanonymous.org.
We'd love to hear from you!



THE CLIMB TO RECOVERY

FA Member Sue K. Shares Her Upward Journey, With All Its Lessons

As I've thought about my journey these last several years, mountain climbing has kept coming to mind. I'm certainly not a mountain climber. I didn't want to start the ascent. I thought it was my job to stay wallowing at the bottom, trying to piece together whatever I could.

Once I realized that this was not helping my daughter and was, in the end, going to destroy me, I reluctantly started the climb. In honest reflection, though, my first few months were still spent circling the bottom of the mountain, looking for the monorail to the top. I was sure there was a hack to all that climbing if I just looked hard enough. So, I read books, watched videos, came to FA. All looking for that express trip, but slowly coming to realize that the only way to rise higher was to climb.

I'VE BEEN FORTUNATE TO FIND A LOT OF Footholds: MY FA GROUP, PRAYER, READINGS, MY HUSBAND, EVEN MY DAUGHTER AS SHE HAS GOTTEN HEALTHIER.

So, climb I did. At first my goal was just to reach the top of the mountain, to have everything the way I wanted it. But that was so overwhelming. I was so tired and often felt discouraged, like it was all pointless, like I was never going to get to the top. Sometimes the air got so thin I could barely breathe, and I wanted to quit.

But as I kept digging that pickax in and pulling myself up, I discovered some amazing things along the way. I've been fortunate to find a lot of footholds: my FA group, prayer, readings, my husband, even my daughter as she has gotten healthier. And there are plateaus. I'm learning to rest on those plateaus when I need to. I don't have to always be climbing.

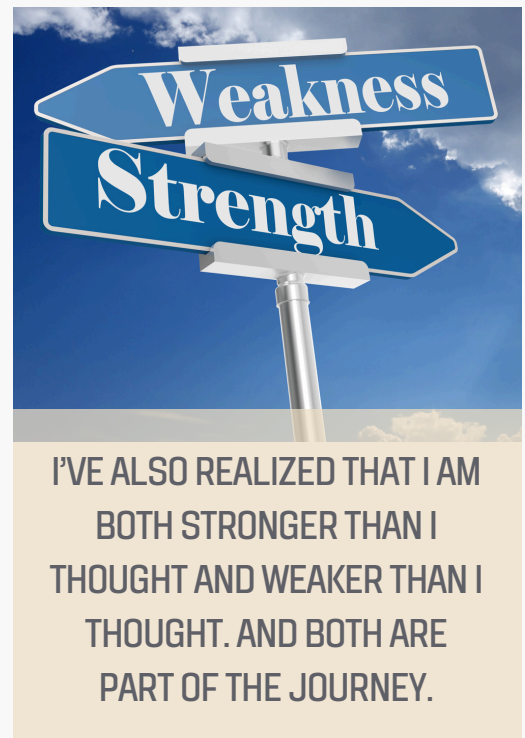
And I can stop at those and enjoy the views along the way. Realizing there is still beauty to life, even if life is not how I pictured it, I'm trying to take in those views for what they are and find gratitude for those gifts rather than focusing on what's missing or fearing what lies ahead.

It's still a struggle. I look too deeply into the crevices, expecting something terrible to be lurking there. I also tend to look back down the mountain too much, fearful that it will all go crashing down and take me with it. But that's unfair to both my daughter and me, and I recognize that I'm wrecking my own journey. So, I force myself to get moving again. I grab my pickax, find a foothold, and keep going.

I've realized that the footholds were always there. I just didn't grab onto them. Actually, I didn't even see them for what they were. I try to be more open to them now, recognizing the angels around me and the answered prayers in front of me. I've also realized that I am both stronger than I thought and weaker than I thought. And both are part of the journey.

And both are OK.

SUE K. GROUP #853



LESSONS FOR THE HOLIDAY SEASON

The Holiday Season Can Be a Challenging Time for Friends and Families of Addicted Loved Ones. Some FA Members Share Their Thoughts.

“

A few years back, through a miracle from my Higher Power, I had a revelation that I loved my family: the whole mess of them. I wasn't put on this earth to please them, but I sure had a commandment to love them. My husband and I took things into our own hands.

On Christmas we extend an open invite to everybody to come to our Open House. Stay a minute, stay all day. Starts at 1 p.m., which gives everyone time to do their own thing in the morning. If someone doesn't want to come, we accept it. I try to have a theme for gifts. Last year, everyone who came through the door got slippers of some kind; some funny slippers, some serious slippers. The young people got slipper socks with a \$5 gift card tucked into them. Some got themed slippers. Our elders got nice slipper gifts. I make chicken tortilla soup, chips and guacamole, and we buy a huge batch of tamales. It all stays warm.

We don't serve alcohol, so the alcoholics and addicts have to do their drugs before or after, or not at all, or discreetly during frequent visits to their cars. But we have found that the environment is not threatening for them, because they can choose to stay or leave. There isn't much tension because there are no expectations. Our family has addiction all across the board, from the eldest to the younger generation. I find that when I give them a Christmas hug, I have an opportunity to hang on tight, just a little bit longer, and pray that they know they are loved.

-Sharon

”



One day at a time is the key for me. There are times when the anticipation of having my son around ties me up in knots. I find that if I can get "in the moment" and just let things happen one at a time instead of anticipating the worst, I have much less anxiety, and my responses to what happens in the moment are far less heated. This approach has caused me to rethink myself in many ways, the compulsive planner that I am. But it's better this way, and not just for my addicted son and me.

-Paul B.

LESSONS FOR THE HOLIDAY SEASON

cont'd

“

Ten years ago, we spent Christmas Eve in the lounge of a psych unit with our 15-year-old son. The next day, we drove him from North Dakota to a long-term treatment center in Utah.

The next year, our oldest son died three weeks before Christmas. We celebrated the holiday early as we were all together. Our holidays were changed forever.

Our four surviving children are married, and three have their own children. We have traveled to their homes, and I have encouraged them to have their own celebrations. They are developing their own traditions. We have plans to all be together in July, so I may suggest that we have our gift-sharing then. It would save me a lot in postage. I have already given up on mailing cards, and donate the postage to a charity, and send an email update instead.

Our deceased son's birthday is near Thanksgiving. We celebrate it with a flowering plant, and my husband and I go out for steaks. The day after our son was born, the hospital gave us a steak dinner at a special table for two with fresh flowers. We remember, we laugh at all the years in between, and we give thanks. We have worked at church or community dinners the past four years when we are not with our family or friends. New adventures await us.

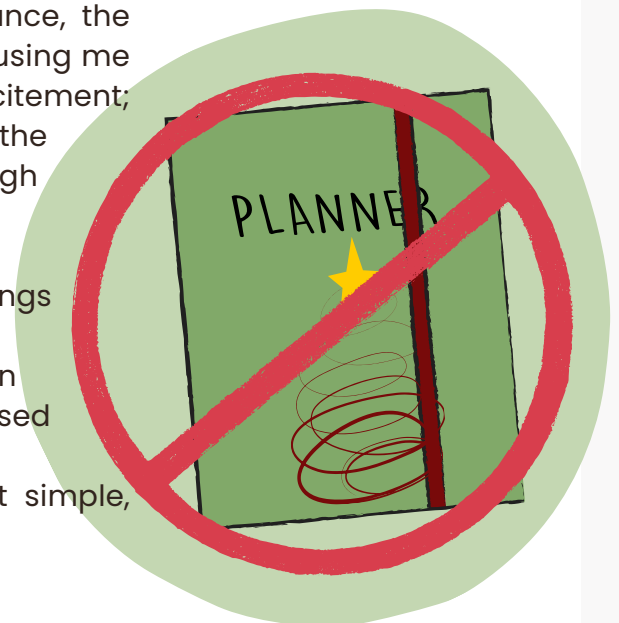


-Hugs, Maggie

I've found that when I get into planning too far in advance, the anticipation can set me up for unrealistic expectations, causing me anxiety. I was a great planner back in the day: drama; excitement; perfect, perfect, perfect planning that just never happened the way I planned it. A bummer, but the planning had its own high of anticipation, often leading to a crash.

The joy really is in the journey! So, these days, I've scaled things down a lot. I still celebrate but in different ways, with less glitz and more spiritual substance. And I don't put my faith in people, because those expectations lead to me being stressed out frequently. Living one day at a time, one event at a time, sometimes one moment at a time, and keeping it simple, works for me.

-Joan



A CHRISTMAS STORY

My son sat silently and without emotions as he witnessed a rare event, Christmas Eve with family. He looked emotionless as he observed his family members opening presents, smiling, laughing, loving. He could not enjoy this special time, as addiction had blocked his ability to experience the emotions that create joy. I watched him, he looked at me, and I smiled. I said, "I love you, and I am so glad you are able to spend some time with us." He looked down at the floor, then raised his head, and I saw the tears running down his cheeks. I said, "I understand, son. It's okay. You are loved." He relapsed before New Year's, and it would be another long stretch before I would hear from him again, through a collect call from the county jail. I no longer allow the sadness to overwhelm me. Yes, I still get sad. I have grieved the child of my dreams. I no longer experience fear. I enjoy and love the son that is. It is exactly as it should be, and I am at peace. I gave control over to God. I worked the FA Twelve Steps with a sponsor. I work hard on myself daily now—and will forever more. A transformation has begun, and I remain at peace. Praise God.

BY THE USER'S PARENT, GROUP #1806
FROM THE 12 STEP RAG, JANUARY–FEBRUARY 2018



**YES, I STILL GET SAD. I HAVE
GRIEVED THE CHILD OF MY
DREAMS. I NO LONGER
EXPERIENCE FEAR. I ENJOY
AND LOVE THE SON THAT IS.**



Thank You

We offer a **special thank you to the 2025 Convention Host, Chicagoland Intergroup**, for their extraordinary generosity and spirit of service. In addition to the countless hours they dedicated to planning and delivering an inspiring event, the team made two remarkable contributions to support our fellowship's continued growth and connection.

They graciously donated \$1,000 to the Families Anonymous fellowship, helping us strengthen the vital work we do throughout the year. They **also offered a \$2,000 Pay-It-Forward donation, providing meaningful support to the next Convention Hosts** and ensuring that future gatherings remain accessible, uplifting and sustainable.

To the entire Chicagoland 2025 Convention Team: thank you for your hard work, your dedication and your unwavering commitment to our shared mission. Your service has made a lasting impact on our community, and we are truly grateful.

THE STEPS WE HAVE ARE THE STEPS WE NEED

Bob S. Encourages Us to Work the Steps Through the Holiday Season



For those of us still trapped in the cycle of despair, deception and pain that comes with having a loved one suffering from the disease of addiction, Hanukkah, Thanksgiving, Christmas, or any other major holiday can feel hollow and forced. What joy can there be in our lives if our loved one is still consumed by this terrible disease? How can we celebrate anything when our existence has become so desperate and bleak?

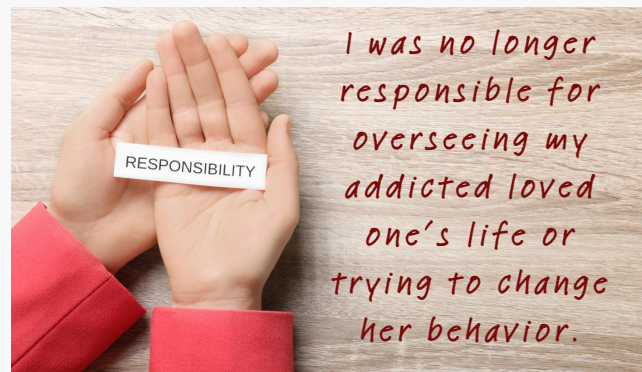
A good part of the answer is in Steps 1 through 3 of the 12 Steps of Families Anonymous. In Step 1 we learn that our loved one's illness is beyond our control, that we're completely powerless over drugs and other people's lives. By the time we've come to FA, many of us are already painfully aware that our lives have become unmanageable. Indeed, that may be exactly why we're there at an FA meeting, feeling desperate and alone. We're seeking help wherever we can find it –and we're finding it right here in the understanding of our fellow FA members, who open their hearts and share their wisdom, experience and strength with us week after week.

Step 2 calls for a leap of faith. We must come to believe that a power greater than ourselves can restore us to sanity. My

emotional and family life was in such shambles when my wife and I first came to FA that this Step seemed fairly easy. I was ready to grasp at any thread of hope. I didn't fully believe it yet, but I hoped it was true. Then, after attending a number of FA meetings and hearing about how the program had transformed others' lives, I truly came to believe there was a power greater than me that could restore balance and sanity to my life

Once I accepted that belief, I felt a sense of freedom and calm. I was no longer responsible for overseeing my addicted loved one's life or trying to change her behavior. What a relief to know I wasn't responsible for trying to accomplish that impossible task!

And how comforting it was to know that my own higher power would care for me too, if I conscientiously followed the Steps and the principles of FA. That was Step 3. With my belief in a higher power firmly in hand, it wasn't hard to decide to turn my will and life over to the care of my personal higher power and to trust that my life would be better if I did. Once I'd done that, I became truly free. I enjoyed the blessings of each day, one day at a time.



THE STEPS WE HAVE ARE THE STEPS WE NEED

cont'd

I no longer wasted time worrying about changing our daughter. With a lot of support from our FA family and the readings, I stopped enabling her and simply loved her. I hoped that her higher power would lead her to a life without drugs, but because I wasn't in charge of ensuring her outcomes anymore, I could lead my life in peace.

To me, Steps 1 through 3 are the bedrock of the FA program. Once I'd grasped them, I could live a much happier life. I could enjoy holidays and the company of other people again and not live in constant fear of things I couldn't control.

That's not to say the other Steps aren't worthwhile. Quite the contrary. Steps 1 through 3 grant us the serenity and strength to separate from the immediate madness of our loved one's continuing addiction (or its lingering aftereffects) and to continue the important work of self-improvement, faith and continuing service that runs through Steps 4 through 12.

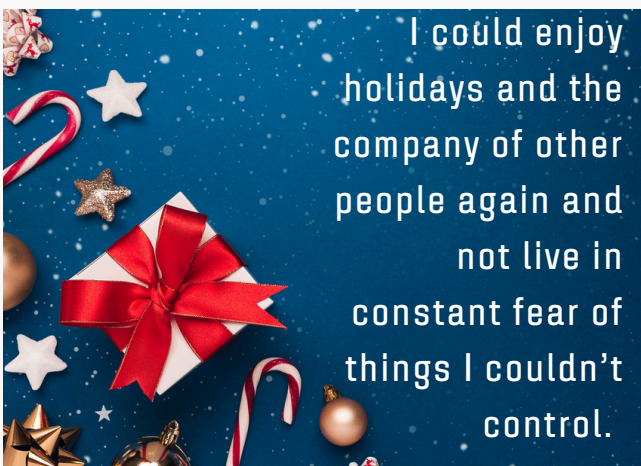
Step 4, in which we take a searching and fearless personal inventory, is another phase of the work we do to transform

ourselves and become better human beings. In Step 5, we reveal the exact nature of our wrongs to ourselves, to our higher power, and to another human being. Once we've done that work, we're ready to move on to Steps 6 and 7, in which we prepare for and ask our higher power to remove our defects of character. These are all hard, soul-searching Steps, but the dividends they pay, in the form of greater self-understanding and humility, are invaluable.

THESE ARE ALL HARD, SOUL-SEARCHING STEPS, BUT THE DIVIDENDS THEY PAY, IN THE FORM OF GREATER SELF-UNDERSTANDING AND HUMILITY, ARE INVALUABLE.

Step 8 calls for us to become willing to make amends to all persons we have harmed, and Step 9 calls for us to make those amends. These Steps, primarily directed outward, present their own challenges. If we haven't completed Steps 4 through 7 and found the humility and self-knowledge they encourage, we are not emotionally prepared to approach Steps 8 and 9.

Step 10 reminds us to continue taking our personal inventory and, when we're wrong, promptly admitting it. In essence, it tells us we must take our Step 4 inventory on an ongoing basis and periodically ask our higher power to remove defects of character that either return or spring anew within us—because everyone is always changing, and only through the vigilance called for in Step 10 can we hope to ensure that those changes are positive ones.



HELPING OURSELVES FIRST *cont'd*

Step 11 tells us that we must always, through prayer and meditation, strive for deeper conscious contact with our higher power—and that we maintain our humility by asking only for knowledge of our higher power’s will for us and the power to carry that out. In other words, having come to believe in and rely upon our higher power, we can’t simply take it for granted. As with any significant relationship in our lives, if we aren’t always trying to nurture and deepen it, we risk losing it to complacency.

Under Step 12, armed with the spiritual awakening we’ve had as a result of studying and practicing the other Steps, we go forward and carry this message to others and try to practice these principles in all our affairs. Having restored our lives to sanity with regard to our addicted loved one, we bring that same serenity and order to every facet of our lives and try to pass this helpful knowledge on to others.

Wherever we are in the program today is enough. We do the best we can with what we’ve got. If we’ve only got Step 1, so be it. We can let go of unnecessary burdens.

WHEREVER WE ARE IN THE PROGRAM TODAY IS ENOUGH. WE DO THE BEST WE CAN WITH WHAT WE’VE GOT.



If we’ve got Steps 2 and 3 as well, better yet. We can lay those burdens at the feet of a higher power that can guide us through our lives in serenity and peace.

For today, if that’s all we have, it’s more than enough to be happy and at peace with the world and ourselves, and it’s a solid foundation for ongoing personal growth through the remaining Steps. And that’s quite an accomplishment.

**BOB S, GROUP #2056, BRADENTON, FL
REPUBLICATED FROM THE 12 STEP RAG,
DECEMBER 2019**

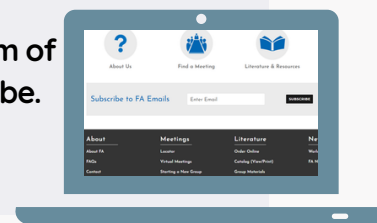


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If you don't want to miss an issue of the SERENITY MESSENGER and other FA announcements, subscribe to FA Emails today!

Visit familiesanonymous.org, scroll to the bottom of the homepage, fill in your email and hit Subscribe.

It only takes a minute - do it now!



HOW DO WE ANSWER SOMEONE WHO WANTS OUR TIME, LOVE, ENERGY OR MONEY?

We need to ask ourselves, "How much can I give without robbing myself of self-worth or dignity? Do I feel used, abused or manipulated?" Pay attention to gut reactions.

Remember, we have the right to say, "No." We have the right to say, "I'll think about it." We can be supportive without being taken advantage of. We can show we care by saying things like "I love you." or "I believe in you." or "When you are ready to get help, we'll be there for you." Offering encouragement, and treating our addicted loved ones with respect, implies we ourselves are healthy and grounded.

It also creates a recovery-oriented base of support for our loved ones that will be important when they are ready to work on themselves. Don't get discouraged when our positive messages seem to fall on deaf ears. They will be stored away in their minds for later use. It may be hard to be supportive if we are feeling angry or hurt. Putting some space between ourselves and our addicted loved ones will not only protect our serenity but may help build a healthier relationship moving forward.



ANONYMOUS

REPUBLISHED FROM THE 12 STEP RAG, NOVEMBER–DECEMBER 2011



Want to learn more about how your FA group can thrive and grow? Go to familiesanonymous.org, click on "Members" and go to "Group Materials," where you'll find an array of helpful, informative publications concerning group dynamics and management.

Still have questions? Send an email to the Group Outreach Committee at GO@familiesanonymous.org.

Have a great meeting!

MATCHING GIFT OPPORTUNITY

Help Us Reach Our Goal!



HELP US REACH OUR GOAL!



Thinking of making a year-end donation to Families Anonymous? Has the fellowship been helpful to you this year? Are you looking to give back so others may also find resources and support? **Would you like your gift to Families Anonymous to be doubled?**

A group of donors from within the fellowship have offered to **match up to \$11,000** of contributions made now through December 31 of this year. If you have not yet participated in this opportunity, please consider a tax-deductible donation to Families Anonymous before the **deadline of December 31, 2025**.

Our 7th tradition restricts us from participating in most donation matching programs, but this is a unique situation falling within our traditions. Please take advantage of this special opportunity where your important gift, an investment in Families Anonymous, may have **twice the impact**.

Thank you to those of you who have already made donations – your support will bring hope and encouragement to other friends and families just like you.

CLICK HERE TO DONATE

FamiliesAnonymous.org/Donate

Thank you



Families Anonymous, Inc. is a tax-deductible 501(c)(3) non-profit charitable organization.



SPOTLIGHT ON LITERATURE: *Tough Love*

Who among us has never enabled our addicted loved ones? Never brought them to school when they missed the bus; never called them out sick from work; never hired a lawyer to protect them in court; never drove them to pay off a drug dealer in order to “keep them safe.” (Yes, that last bit of enabling was one of ours!)

Enabling can feel like good parenting, or like being in a loving relationship, until we learn better. Even as our minds and hearts are telling us that our enabling will help solve our loved one’s problems, in effect we are actually perpetuating them. This lesson is tough to learn, since it is counterintuitive to how we were raised, to how we learned to be good parents, spouses or friends.

In these situations, two of FA’s newly updated, revised pieces of literature can come in particularly handy.

ALTERNATIVE TO ENABLING

The Tough Love
of
Families
Anonymous®



[CLICK HERE to purchase the booklet — #1005 Alternative to Enabling: The Tough Love of Families Anonymous](#)

PRACTICING TOUGH LOVE

(from *Alternative to Enabling*)
The Tough Love of Families Anonymous (#1005)

When confronted by a loved one’s substance abuse or related behavioral problems, family members and friends typically respond in predictable yet unproductive ways: with guilt and anger; with unhelpful, counterproductive attempts at protection; and with unintentional rewards for bad behavior. All of these are forms of enabling.

Enabling does not work. Indeed, enabling makes it easier for substance abuse and negative behaviors to continue. What is clearly needed, instead, is **tough love**.

Tough love is for us. By practicing **tough love**, we are taking steps to protect ourselves and restore sanity to our lives. We are also modeling behaviors that other people may deem worthy of trying for themselves.

Precisely what can we do to begin practicing **tough love**—while keeping love itself alive? The answer lies in the following twelve statements. (As you read the statements, insert your loved one’s name in place of the blank lines.)

1. There is no way that I can keep _____ out of trouble or prevent him/her from being hurt. I will release him/her to the care of a Higher Power.
2. I am aware that _____ has many needs and emotions which I will try to respect.
3. I also acknowledge and accept my own needs and emotions, and I insist that _____ respect them too.
4. I will attempt to do my part to act like a responsible parent (spouse, relative, friend, etc.).
5. I also require _____ to do his/her part as a member of the household or family.
6. I will try to not act in a negative or punitive way toward _____. I know everyone likes praise, approval, and acceptance. I will try to praise any effort _____ makes to be responsible.

The first section of the *Alternative to Enabling: The Tough Love of Families Anonymous* booklet (#1005) helps us understand how emotions such as anger, guilt and sadness can feed our tendency to engage in enabling behaviors. Then the second section explains FA’s approach to tough love, an alternative and better way to cope with our loved one’s substance use disorder.

In FA, tough love is for *us*; it is not for disciplining or being tough on our loved ones. Tough love offers tools that help us get out of their way, stop acting as buffers to their dysfunction, and allow them to feel and experience real consequences of their behaviors. Tough love protects our integrity and our boundaries, and it clarifies which responsibilities and rights are ours, and which are theirs

[CLICK HERE to purchase the bookmark — #2017 Practicing Tough Love](#)

The *Practicing Tough Love* bookmark (#2017) is a condensed version of the second section of the *Alternative to Enabling* booklet. It summarizes the booklet’s twelve tough-love statements, zeroing in on what we need to do to stop enabling and start defining boundaries and protecting ourselves. In an easy-to-carry format, the bookmark can be tucked conveniently into a pocket or purse and kept with us always as a reminder.



DONATIONS

COMMEMORATIVE DONATIONS

- Alan J. thinking of you and wishing you strength, on behalf of Group 1318, Boca Raton, FL.
- In honor of Lisa, on behalf of Group 2144
- In Memory of Stuart M. K., on behalf of Steve and Cheryl S.
- In Honor of my son Evan who struggled with addiction, on behalf of Cynthia V.D.
- For my son, Aaron Meyer G., on behalf of Long Island FA Group 1974
- In memory of our beloved member Stuart K., on behalf of Group 494, Winnetka, IL.
- In loving memory of our friend, Margie B., on behalf of Gail G.
- In honor of Kenny H., Danny C., & Jean E. We appreciate all the kindness & love and time devoted to our Group 1097
- In memory of Mary Jo M., a founding member of Group 746 who contributed to FA literature and held a strong presence in the FA community, on behalf of Group 746, Evansville
- In Memory of Rosalie K, a longtime FA friend who attended Long Island groups in Massapeua, Amityville, Islip Terrace, and Sayville NY Rosie Inspired us all. her favorite slogan and meeting topic was "Let Go & Let God" always in our hearts, on behalf of Donna D.



GROUP DONATIONS AUGUST-OCTOBER 2025

Over \$500

- GR0494 IL, Winnetka
- GR1972 NJ, Voorhees

As per the Seventh Tradition, each group should be self-supporting. Your donations also help support the activities of the World Service Office. For more information on how to donate, please [click here](#) or visit www.familiesanonymous.org and click DONATE!

Thank you for supporting the many activities of FA World Service.

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