

# **Al-Anon - DO'S and DONT'S**

**DO ...**

**DO Forgive**

**DO Be honest with yourself**

**DO Be Humble**

**DO Take it Easy - Tension is Harmful**

**DO Play**

**DO Find recreation and hobbies**

**DO Keep on Trying whenever you fail**

**DO Learn all the facts about Alcoholism**

**DO Attend Al-Anon meetings often**

**DO Pray**

\*\*\*\*\*

**DON'T ...**

**DON'T Be Self-Righteous**

**DON'T Try to dominate, nag, scold or complain**

**DON'T Lose Your Temper**

**DON'T Try to push anyone but yourself**

**DON'T Keep bringing up the past**

**DON'T Keep checking up on your alcoholic**

**DON'T Wallow in self-pity**

**DON'T Make threats you don't intend to carry out**

**DON'T Be over-protective**

**DON'T Be a doormat**