

We need your shares for our Fall 2009 Recovery Bulletin on

Boundaries

"Al-Anon taught me the difference between walls and boundaries. Walls are solid and rigid; they keep others out, and they keep me trapped inside. Boundaries are flexible, changeable, removable, so it's up to me how open or closed I'll be at any given time. They let me decide what behavior is acceptable, not only from others but from myself. Today I can say, "No," with love instead of hostility, so it doesn't put an end to my relationships... Do my defenses keep me safe, or do they isolate me? Today I can love myself enough to look for healthier ways to protect myself, ways that don't close everyone out."

-Courage to Change, pg 201

Let your Al-Anon community know your thoughts on Boundaries

Please return this completed form by **August 21, 2009** via email: newsletter@alanonmidpeninsula.org
or post to: Newsletter Editor, 650 12th Ave, Menlo Park, CA 94025

Let us know if you want to use your first name or be anonymous when we publish your share. Some editing may occur. We regret that due to limited space we are unable to use all of the shares, although we may keep them for future use. Thank you!