

## Alateen Talk writing guidelines

1. Share an experience from the heart with the **focus on yourself**—not the alcoholic, the non-drinking parent, or anyone else.
2. Relate a personal experience **based on a program principle** such as detachment, acceptance, a Slogan, Step, or Tradition and give an instance of how and where you used it.
3. **Share from the heart**—
  1. tell us what it was like for you before Alateen,
  2. what you have learned in Alateen,
  3. how it helps you to lead a better life.
4. *Alateen Talk* publishes recovery sharings from **Alateen members only**. Adults should submit their personal recovery stories to *The Forum*.
5. **Alateen Group Sponsors** and Alateen members are invited to share about their Alateen **service experience** and their Alateen group activities for *Alateen Talk*.