

Practicing Personal Safety

After I was sexually assaulted by the man whose drinking brought me to Al-Anon, I spoke up about my experience at a meeting. A couple of respectful Al-Anon members drew close to me in compassion. I was a newcomer to the program at the time, and it took courage to talk about the violence I had experienced, but I'm so grateful I did, for these Al-Anon members met me in my pain and listened with love.

Over time, immersed in the light of my Higher Power's care, I underwent a process of deep healing. Over the years of this healing process, I learned how important it is to trust my intuition when I sense the need for physical separation due to the real possibility of being harmed physically. As it says on page 12 of *Courage to Change* (B-16), "When I sense that a situation is dangerous to my physical, mental, or spiritual well-being, I can put extra distance between myself and the situation."

The Al-Anon program strongly encourages me to make my personal safety a top priority in my life. Talking things out with trusted Al-Anon members about my safety has helped me learn how to make assessments of situations that may require me to protect myself. While my spiritual well-being may ask me to pray for the drinker who threatens me, I may need to take additional measures to ensure my physical safety.

It requires strength and courage to take such steps, but after all, I am worth it.

By Anonymous

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