

Key to Trust Workshop

By Marsha K.

Keys can open or lock doors. For the new comer in Al-anon, bravely walking into their first meeting, the door to trust is locked by fear. As we embrace Al-anon by working the steps with a sponsor, reading our literature, attending meetings listening to speakers and sharing with and listening to other members, we begin to forge the key to trust that allows our lives to be transformed and our fear to be replaced by hope.

As I reflected on the areas I needed to develop and experience trust, the following emerged:

Trust in a higher power

Trust in the principles of the program

Trust in the Al-Anon group

Trust in my sponsor

Trust in the experience of speakers and other members

Trust in myself

Trust in my alcoholic loved ones ability to work their program

Trust that my dreams can come true

Trust that miracles happen (in God's time, not mine)