

Suggested Preamble to the Twelve Steps of Al-anon

The Al-anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues or fees for membership. Al-anon is self supporting through its own voluntary contributions.

Al-anon has one purpose to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.