Al-Anon - DO'S and DONT'S

DO
DO Forgive
DO Be honest with yourself
DO Be Humble
DO Take it Easy - Tension is Harmful
DO Play
DO Find recreation and hobbies
DO Keep on Trying whenever you fail
DO Learn all the facts about Alcoholism
DO Attend Al-Anon meetings often
DO Pray

DON'T
DON'T Be Self-Righteous
DON'T Try to dominate, nag, scold or complain
DON'T Lose Your Temper
DON'T Try to push anyone but yourself
DON'T Keep bringing up the past
DON'T Keep checking up on your alcoholic
DON'T Wallow in self-pity
DON'T Make threats you don't intend to carry out
DON'T Be over-protective
DON'T Be a doormat