



Portland Al-Anon Information Service & Literature Depot

---

## From Denial to Acceptance

*Consider adding a new title of Conference Approved Literature to your personal collection!*

*All these titles (and more!) are available from the Portland AIS.*

---

***Alcoholism, a Merry-Go-Round named Denial*** (P-3) This is an Al-Anon Classic. This pamphlet represents the life of an alcoholic as a play. While the alcoholic may appear to be the star of the show, this pamphlet emphasizes the other members of the cast and their opportunities to instigate change. Introduced 50 years ago (1969), yet just as relevant today!

***Understanding Ourselves and Alcoholism*** (P-48) This tri-fold pamphlet includes a surprising amount of insight in such a brief format. This describes the obsession, addiction, compulsion and denial of the alcoholic, as well as the obsession, anger, denial and feelings of guilt of the loved ones. Help and Hope is available in Al-Anon.

***Opening Our Hearts, Transforming Our Losses*** (B-29) This book explores coping with the types of loss that are faced by those who love an alcoholic. The journey from Denial to Acceptance is not only part of the Recovery process; it is also part of the grieving process. Chapters include "Lost Childhood", "Lost Dreams", and "Lost Relationships", along with the loss associated with divorce or death. Each chapter includes stories submitted by members as well as questions for reflection or discussion.

***In All Our Affairs: Making Crisis Work for You*** (B-15) This book, updated in 2005, features an emphasis on the steps, organized around the "3 A's" (Awareness, Acceptance, Action). Members reveal how they applied Al-Anon principles to overcome problems with abuse, death and infidelity. Includes a chapter about taking care of ourselves.

***Alateen Talks Back on Acceptance*** (P-68) This 32-page booklet features Alateen members sharing on accepting the realities of their lives. Discover fresh insight from our younger members.

---

***When you buy from the Portland AIS, you support our local services.***

*Contact anytime via e-mail [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)*

---

*July 2023 Adapted from Indianapolis Information Service & Literature Depot*