The Scoop Submission Requirements

Requirements

- **Keep it brief** Please keep the submission to 350 words or less
- **Write in first person** ("I," "me," "my"). Keep the focus on your own experience, not someone else's behavior.
- **Stay connected to Al-Anon.** Try to avoid outside issues, therapy-speak, religious doctrine, or references to other Twelve Step programs.
- **Share, don't teach.** Avoid giving advice or telling other readers what they should do — describe what worked (or didn't) for you.
- **Honor the Traditions** — for example, maintain the anonymity of others you mention, and keep the focus on principles rather than personalities.
- Imperfect and honest beats polished and vague. Editors can help clean up grammar and length — they can't manufacture heart.

Email your submission or any questions to ScoopEditor@alanonventura.org.

Writing Prompts & Topic Ideas

If you're not sure what to write about, try one of these:

On the Legacies

- How has working a particular Step changed the way you see your situation?
- What does a specific Tradition or Concept of Service mean to you personally?

On Slogans

- Think of a slogan — "Easy Does It," "Let Go and Let God," "One Day at a Time," "Keep It Simple," "Live and Let Live," "Listen and Learn," etc. When did that slogan get you through something hard?

On Recovery Concepts

- What does detachment with love look like in your life?
- Describe a moment you found serenity where you didn't expect to.
- How do you practice keeping the focus on yourself?
- Recovery concepts such as detachment with love, serenity, or keeping the focus on myself.

- Your recovery in Alateen.

On Sponsorship

- What was it like to ask someone to be your Sponsor — or to be asked?
- How has sponsoring (or being sponsored) shaped your recovery?
- Having or being a Sponsor, asking a member to be your Sponsor, changing Sponsors.
- What it's like being an Alateen sponsor.
- What's a service sponsor and why is it important? How is my Service Sponsor different from my personal Sponsor?
- How soon did I get a Sponsor? Become a Sponsor?
- What, if anything, has kept me from finding or becoming a Sponsor?
- Which of Al-Anon's spiritual principles apply to having or being a Sponsor?

On Literature

- Is there a passage, pamphlet, or book that changed how you think about your situation?
- A favorite piece of literature and how it helped you.

On Everyday Life

- What does living your program look like in an ordinary week?
- Tell us about a conflict you resolved differently because of Al-Anon.
- What's a "first" you experienced in recovery (first meeting, first time setting a boundary, first moment of peace)?
- Living with "dry drunk" sobriety.
- Resolving conflicts and communication.

For a Newcomer

- What helped you move from thinking about attending a meeting to actually showing up?
- What did you experience in your first few meetings that made you feel seen, heard, or hopeful?
- What message would you share with someone who's unsure if Al-Anon is for them?

Finances

- How were finances handled or discussed in my alcoholic home, either growing up or as an adult? What was the impact of that and how is my financial life different in Al-Anon?
- How have I applied any of Al-Anon's Twelve Steps, Traditions, or Concepts of Service to my finances?
- What fears have I had around money, and how am I overcoming them?
- What foundational skills have I needed to develop regarding finances?
- What practical tools and suggestions have I received that have helped improve my relationship with finances?
- What Al-Anon principles help me cultivate an attitude of abundance?

- What spiritual principles guide me in deciding when to help or not to help a loved one suffering financial hardship?
- What is the connection between my financial situation and my trust in a Higher Power's care for me?
- What experience have I shared regarding finances and recovery with people I sponsor? As an Alateen Group Sponsor?
- How am I applying Al-Anon principles to finances in my romantic partnership or marriage?
- How am I applying Al-Anon principles to finances in my professional life?
- How has my Al-Anon group/District/Area handled its finances? What have I learned from this?
- In what specific ways have finances been managed in my service experience—for example, budgets, contributions,discussions about expenses, etc.?

Note these are only suggestions, please submit whatever is in your heart!

A note on ownership: By submitting, you're agreeing that The Scoop may edit your sharing for length, clarity, and grammar, and may publish it in the newsletter (print or electronic). Let us know if you'd like to place any other limits on how it's used.