

**THE DO'S**

DO forgive.  
DO be honest with yourself.  
DO be humble.  
DO take it easy - tension is harmful.  
DO play - find recreation and hobbies.  
DO keep on trying whenever you fail.  
DO learn the facts about alcoholism.  
DO attend Al-Anon meetings, often.  
DO pray.

**THE DON'TS**

DON'T be self-righteous.  
DON'T try to dominate, nag, scold and 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 the alcoholic.  
DON'T wallow in self-pity.  
DON'T make threats you don't intend to carry out.  
DON'T be overprotective.

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