

Taking the First Step of 12

Last week, my wife of 19 years got her third DUI and is in jail for 30 days. I threatened to move out if she didn't get help, but our 16-year-old son is afraid she'll die if we leave her. He thinks time in jail will sober her up and put her on a new track. I'm doubtful. Recently I started taking classes at a Science of Mind church. For months my son asked her to come with us on Sundays, but she always had some excuse. I'm trying to apply this teaching and pray about this, but it feels hopeless. Any ideas?

Alcoholism is a complex problem, both for the person struggling with the addiction and everyone who loves them. Absolutely pray. Affirm that the inner and outer resources needed for your family to find a healing path forward reveal themselves now. And ask others, including practitioners at your church, to pray on your behalf.

For the drinker, alcohol becomes their best friend, a refuge from pain even as the growing compulsive need creates negative ramifications. It can feel painfully personal for loved ones. But threats and ultimatums don't work. The best thing for all three of you is for you and your son to attend Al-Anon meetings right away. The program provides invaluable support and reveals healthier ways to respond.

Research alcohol treatment facilities and present these options to your wife. Request she enter one directly from jail, remembering you cannot force her to go. Let her know you love her, yourself and your son and that you are committed to a healthy, sober family life. Then let go as best you can, allowing the creative intelligence of God to guide all three of you.

Alcoholics Anonymous and Al-Anon programs state that recovery is achieved through a spiritual awakening from working through the 12 steps. Taking this journey has led many people to a Science of Mind community. The congruent paths create powerful openings to deep spiritual healing and renewed, fulfilling lives. So keep doing your own inner work. It will serve you and your family no matter what is ahead. Peace and blessings. ☸



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