## Get writing SHARE magazine contributions

Here are some prompts for getting writing. We hope that thinking about these things will help you to start writing:

Prompts
What it felt like the week I contacted AA
My convention experienceon the way / back / there.
My darkest hour
Where I'm at now (add years)
What Step (x) means to me
What Tradition (x) means to me
How my drinking / sobriety affected others (family/friends/colleagues etc.)
How I've changed since I stopped drinking
How my life has changed since I stopped drinking
How others' perceptions of me have changed
On our way to a meeting, we
How I was helped as a newcomer
How I help others / newcomers
How doing service has helped me / others
What I've achieved since getting sober
What I lost while drinking
The spiritual, physical & mental effects of drinking / sobriety
How I found my HP
What my HP means to me
New opportunities in sobriety
Recovery, HP, Spirituality, Sobriety, Friendship, Service, Belonging, Loneliness, Gratitude, The 4 horsemen (Terror,
Bewilderment, Frustration, Despair), Alcohol is Cunning, Baffling, Powerful, Sponsorship
Friendship vs Loneliness
Why I'm grateful
My experience trying to stop before AA
Detoxes & Rehab I have known
Developing understanding of AA
Developing understanding of myself
Developing understanding of my HP
Living in the moment
Taking things day by day
Not catastrophizing / dramatising
Being a Drama Queen
Meditation and tools of serenity
How I stole peace of mind
My reaction to a recent news item re: drinking
Help I got that didn't help / that did help
What the Big Book means to me
What my sponsor means to me
What my home group means to me
What my sponsees mean to me
Is AA a cult?
How my drinking developed from start to finish (or parts thereof)
My rock bottom / jumping off point
Living alone  Drinking alone
Drinking alone

Living in the real world

AA gives us a bridge to normal living

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Prompts
Resentments and how they affect us as AAs
It will get better
This too shall pass
Geographicals I have known
You can't change people, places or things
Control and what it means to me
Who's in charge
It's their issue; let them own it
Smelling the roses & hearing the birds sing
How my perceptions of the world have changed since I got sober e.g. things smell nice! Including me!
Appreciating silence
Being able to live happily in my own skin
I hated myself
Forgiving myself
What my partner (or other) did to help me get sober
My sobriety child
How my kids/husband/wife/parents lived with my drinking
Denial – it's not a just river in Africa!
How powerless I was
Cleaning my side of the street and keeping it that way
Fair weather friends (often found in the pub)
Learning to love again
Alcohol as my anaesthetic
The good thing about recovery is you get your emotions back; the bad thing is you get your emotions back
It's not a bad person getting good, but a sick person getting well
No defence against the first drink
It's the first drink that gets you drunk
A daily reprieve
The Serenity Prayer
The insanity that precedes the first drink
It was such a relief when I realised I was insane
Came to believe
The Promises will come true if we work for them
What the promises mean to me
Passing it on
What I've learned about myself
Self, self, self – the ISM
Being a doormat
People pleasing
Please like me!
Leave me alone!
How are you feeling?
HALT (Hungry, Angry, Lonely, Tired)
Add ideas here:
And facus fiere.