

## Re: How to handle 'Uncle Al' aka "Alan Schwartz" <uncleal0@ix.netcom.com>

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**From:** Dr\_Postman (*Looky\_at\_mysig.foremail*)

**Date:** 07/29/04

Date: Thu, 29 Jul 2004 22:20:55 GMT

On Thu, 29 Jul 2004 17:08:14 -0500, Tom McDonald  
<tmcdonald2672@nohormelcharter.net> wrote:

>Doc P,

>

> *I wish you well. Hope the party is a great time for you.*

>

> *I took a little different route. After a one-month outpatient  
>program, I spent the next year going to frequent AA meetings  
>(several per week); followed by about a year of once-a-week  
>meetings; and then a couple of years of check-up meetings.  
>After that, I've found no need for me to attend meetings,  
>although it is a comfort to know they're there if I need them.*

>

> *After I got sober, I went to grad school to get a master's  
>degree in AODA therapy, with an emphasis on family therapy. I  
>worked for about 6 years in that field before becoming disabled,  
>and have referred many people to AA/NA/etcA.*

>

> *My view is that folks get in trouble with chemicals in many  
>ways, and while not every person will respond to one specific  
>recovery method, everyone has at least one recovery method that  
>will work for them. My education equipped me to help folks find  
>their best way back to life. I found it was very liberating for  
>clients that they weren't in a win or lose, make or break  
>situation. If the first thing they decided to try didn't work,  
>we would analyse what they learned from the experience, and made  
>a plan to try another way.*

>

> *Sorry for the long version, but I wanted to second your  
>statement that NA, and AA, don't claim that their way is the  
>only way (although some professionals, and a few folks in the  
>programs, do say that). The point is to present a situation for  
>the sufferer whereby there is always hope, always something new  
>to try.*

>

sci.astro: Re: How to handle 'Uncle Al' aka "Alan Schwartz" <uncleal0@ix.netcom.com>

> *BTW, I've been clean and sober for about 18 or 19 years (I  
> don't keep track any more). I had one, one-day relapse that was  
> the best thing that could have happened to me. The relapse made  
> it crystal clear that holding on to the idea that 'if things get  
> bad enough, I can always go back to drinking to numb myself' was  
> pretty silly, and entirely false.*

I knew there was something I liked about you Tom. I know lots of people who don't need to go to meetings anymore, and are still in recovery. I haven't gotten to that point yet, mostly because I have made some very close friends in my fellowship. I don't do more than a few meetings a month now though. If I get to feeling hincky I know where to go.

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Dr.Postman USPS, MBMC, BsD; "Disgruntled, But Unarmed"  
Member, Board of Directors of afa-b, SKEP-TI-CULT@ member #15-51506-253.  
You can email me at: DrJaiMaharajFraud(at)hotmail.com  
"Did the Venus transit occur during sunset, idiot?"  
- Grant, on the GLP web board, explains to us how  
sunrise happens in NY and Asia at the same time.