

## RAP Writing Guidelines

- Write/reflect on your personal experiences! We want to know about how you have used/thought about this principle/ topic in *your* life.
- The ideal size is 1-5 paragraphs, but if it's longer, I'll try to make it fit.
- Send all writing samples to me by the 21<sup>st</sup> of the month before.
- E-mail writing samples to: [rap@aisdv.org](mailto:rap@aisdv.org) or send them to The RAP c/o AISDV, 4021 Walnut Street Philadelphia, PA 19104
- I may edit your piece for space or clarity, but my intent is to keep it as true to the original as possible.
- Feel free to contact me with any questions or concerns at 267-535-0945 or [rap@aisdv.org](mailto:rap@aisdv.org)

Many have found that writing for the RAP is a big boost to their recovery. I hope that is true for you, too! Thanks so much for your service!

Franny B.  
RAP Editor

### *Suggested Writing Topics*

Step of the Month	How Important Is It?	Surrender
Tradition of the Month	Forgiveness	Came to Believe
Concept of the Month	Becoming Entirely Ready	Principles Above Personalities
Keep it Simple	Just for Today	One Day at a Time
Let It Begin With Me	Isolation	Acceptance
Asking for Help	Anger	Think
One of the General Warrantees of the Conference (from Concept 12)	Spiritual Awakening	Taking Other People's Inventories
Gratitude	Sponsorship	Intimacy In Relationships
Prayer and Meditation	Anonymity	Worrying
The Three Cs (Didn't Cause It, Can't Control It, Can't Cure It)	What Al-Anon Has Done for You	Progress Not Perfection
Easy Does It	Discovering Choices	First Things First
Working the Steps	Sadness	Keep An Open Mind
Letting Go and Letting God	Wanting to Control	Perfectionism
Feeling Your Feelings	Creativity	Self Love/Self Care
Keep Coming Back	God As You Understand Him	Service
Forcing Solutions	Making Decisions	Guilt and Shame
Changed Attitudes	Fear of Failure	Joy/Learning How to Have Fun
Live and Let Live	Conscious Contact	Setting Boundaries
Powerlessness	Detachment	Minding My Own Business
	Honesty	<b><i>Any Other Al-Anon Related Topic</i></b>
	The Steps	