

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Form 13F

FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: JUNE 30, 2003

Check here if Amendment ; Amendment Number: is a restatement.
This Amendment (Check only one.): adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: ALLSTATE LIFE INSURANCE COMPANY

Address: 3075 SANDERS ROAD, SUITE G4A
NORTHBROOK, IL. 60062-7127

Form 13F File Number: 28-01037

The institutional manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Person Signing this Report on Behalf of Reporting Manager:

Name: DOUG WELCH

Title: ASSISTANT VICE PRESIDENT INVESTMENT OPERATIONS

Phone: 847-402-2170

Signature, Place, and Date of Signing:

/s/ Doug Welch NORTHBROOK, IL. 8/12/2003

[Signature] [City, State] [Date]

Report Type (Check only one.):

13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)

13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)

13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

List of Other Managers Reporting for this Manager:

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: ONE

Form 13F Information Table Entry Total: 109

Form 13F Information Table Value Total: 388,855 (THOUSAND)

List of Other Included Managers:

Provide a numbered list of the name(s) and Form 13F file number(s) of all institutional investment managers with respect to which this report is filed, other than the manager filing this report.

[If there are no entries in this list, state "NONE" and omit the column headings and list entries.]

No.	Form 13F File Number	Name
1	028-10298	ALLSTATE INVESTMENTS LLC

FORM 13F REPORT

NAME OF REPORTING MANAGER: ALLSTATE LIFE INSURANCE COMPANY

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5			COLUMN 6	COLUMN 7	COLUMN 8		
NAME OF ISSUER	TITLE CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PRN	PUT/ CALL	INVESTMENT DISCRETION	OTHER MANAGERS	VOTING AUTHORITY SOLE SHARED NONE		
BAXTER INTERNATIONAL, INC.	COMMON STOCK	071813109	806	31,000	SH		DEFINED	1	X		
CHEVRONTXACO CORP	COMMON STOCK	166764100	1,047	14,500	SH		DEFINED	1	X		
EQUITY RESIDENTIAL SERIES G	NON-REDEEM P/S	29476L859	2,549	100,000	SH		DEFINED	1	X		
GENERAL MOTORS SERIES B	REDEEMABLE P/S	370442733	10,483	468,000	SH		DEFINED	1	X		
GENERAL MOTORS SERIES A	REDEEMABLE P/S	370442741	5,379	220,000	SH		DEFINED	1	X		
JOHNSON & JOHNSON	COMMON STOCK	478160104	1,060	20,500	SH		DEFINED	1	X		
NEW VALLEY CORP. WARRANTS	WARRANTS	649080116	2	16,800	SH		DEFINED	1	X		
OMNICOM GROUP, INC.	COMMON STOCK	681919106	502	7,000	SH		DEFINED	1	X		
SIMON PROPERTY GROUP 6.5% PFD B	NON-REDEEM P/S	828806406	5,194	50,000	SH		DEFINED	1	X		
TRAVELERS PPTY CASUALTY	REDEEMABLE P/S	89420G307	6,360	265,000	SH		DEFINED	1	X		
3M CO	DEBT	88579YAA9	1,080	1,250	PRN		DEFINED	1	X		
AFFIL MANAGERS	DEBT	008252AD0	564	500	PRN		DEFINED	1	X		
AFFILIATED COMPUTER SVCS INC	DEBT	008190AF7	1,766	1,500	PRN		DEFINED	1	X		
AFFILIATED MANAGERS	DEBT	008252AC2	938	1,000	PRN		DEFINED	1	X		
AGILENT TECH INC	DEBT	00846UAB7	2,942	3,025	PRN		DEFINED	1	X		
ALLERGAN INC	DEBT	018490AD4	3,545	3,650	PRN		DEFINED	1	X		
ALZA CORP.	DEBT	02261WAB5	2,921	4,100	PRN		DEFINED	1	X		
AMER INTL GROUP	DEBT	026874AP2	8,303	12,725	PRN		DEFINED	1	X		
AMERICA ONLINE	DEBT	02364JAC8	5,711	9,400	PRN		DEFINED	1	X		
AMERICAN INTERNATIONAL GROUP	DEBT	026874AN7	1,414	1,500	PRN		DEFINED	1	X		
AMGEN INC	DEBT	031162AC4	7,575	9,650	PRN		DEFINED	1	X		
AMGEN INC	DEBT	031162AE0	2,080	2,650	PRN		DEFINED	1	X		
ANALOG DEVICES	DEBT	032654AC9	799	785	PRN		DEFINED	1	X		
ANALOG DEVICES	DEBT	032654AD7	9,046	8,890	PRN		DEFINED	1	X		
AON CORP	DEBT	037389AQ6	4,524	3,500	PRN		DEFINED	1	X		
APOGENT TECH	DEBT	03760AAE1	2,353	2,350	PRN		DEFINED	1	X		
ARROW ELECTRONIC	DEBT	042735AY6	2,438	5,000	PRN		DEFINED	1	X		
BEST BUY	DEBT	086516AD3	5,374	7,250	PRN		DEFINED	1	X		
BJ SERVICES CO	DEBT	055482AE3	1,851	2,250	PRN		DEFINED	1	X		
BUNGE LTD FINAC	DEBT	120568AD2	3,604	3,200	PRN		DEFINED	1	X		
CARNIVAL CORP	DEBT	143658AM4	222	200	PRN		DEFINED	1	X		
CARNIVAL CORP	DEBT	143658AN2	4,551	4,100	PRN		DEFINED	1	X		
CARNIVAL CORP	DEBT	143658AS1	3,825	6,000	PRN		DEFINED	1	X		
CENDANT CORP	DEBT	151313AF0	4,088	6,000	PRN		DEFINED	1	X		
CENDANT CORP	DEBT	151313AN3	6,980	6,600	PRN		DEFINED	1	X		
CENTURYTEL INC	DEBT	156700AE6	3,042	2,600	PRN		DEFINED	1	X		
CHIRON CORP	DEBT	170040AE9	4,437	7,650	PRN		DEFINED	1	X		
COMPUTER ASSOC	DEBT	204912AP4	2,087	1,550	PRN		DEFINED	1	X		
COMPUTER ASSOC	DEBT	204912AR0	6,367	5,300	PRN		DEFINED	1	X		
COSTCO	DEBT	22160QAC6	4,169	5,000	PRN		DEFINED	1	X		
COX COMMUNICATION	DEBT	224044AX5	3,117	6,250	PRN		DEFINED	1	X		
CSX CORP	DEBT	126408GA5	5,128	6,150	PRN		DEFINED	1	X		
DEVON ENERGY CORP	DEBT	25179MAA1	1,020	1,000	PRN		DEFINED	1	X		
DIAMOND OFFSHORE	DEBT	25271CAD4	4,297	4,590	PRN		DEFINED	1	X		
DIAMOND OFFSHORE	DEBT	25271CAE2	3,511	3,750	PRN		DEFINED	1	X		
DISNEY (WALT) CO	DEBT	254687AU0	7,271	7,000	PRN		DEFINED	1	X		
DUKE ENERGY CORP	DEBT	264399EJ1	4,123	3,950	PRN		DEFINED	1	X		
ELEC DATA SYSTEM	DEBT	285661AE4	2,053	2,000	PRN		DEFINED	1	X		
FIRST DATA	DEBT	319963AD6	4,293	3,850	PRN		DEFINED	1	X		
GATX CORP	DEBT	361448AB9	988	1,000	PRN		DEFINED	1	X		
GATX CORP	DEBT	361448AC7	494	500	PRN		DEFINED	1	X		
GEN MILLS INC	DEBT	370334AT1	10,986	15,500	PRN		DEFINED	1	X		
GREATER BAY	DEBT	391648AJ1	1,913	3,000	PRN		DEFINED	1	X		
GTECH HOLDINGS	DEBT	400518AB2	729	500	PRN		DEFINED	1	X		
HALLIBURTON CO	DEBT	406216AL5	2,015	2,000	PRN		DEFINED	1	X		
HARRIS CORP	DEBT	413875AG0	2,247	2,050	PRN		DEFINED	1	X		
HARRIS CORP	DEBT	413875AH8	439	400	PRN		DEFINED	1	X		
HEALTH MGMT ASSO	DEBT	421933AD4	1,710	2,000	PRN		DEFINED	1	X		
HEWLETT PACKARD CO CONV	DEBT	428236AC7	2,769	5,000	PRN		DEFINED	1	X		
HORACE MANN	DEBT	440327AG9	2,562	5,600	PRN		DEFINED	1	X		
INCO LTD	DEBT	453258AM7	3,313	5,000	PRN		DEFINED	1	X		
INTL PAPER CO	DEBT	460146BM4	8,739	16,450	PRN		DEFINED	1	X		
IVAX CORP	DEBT	465823AD4	1,509	1,500	PRN		DEFINED	1	X		
IVAX CORP	DEBT	465823AG7	2,231	2,300	PRN		DEFINED	1	X		
JMH FINANCE LIMITED	DEBT	46621WAA9	1,317	1,250	PRN		DEFINED	1	X		
JONES APPAREL	DEBT	480081AD0	6,610	12,100	PRN		DEFINED	1	X		
KERR-MCGEE	DEBT	492386AP2	2,846	2,660	PRN		DEFINED	1	X		
LABORATORY CORP OF AMERICA	DEBT	50540RAB8	3,477	4,950	PRN		DEFINED	1	X		
LABORATORY CP	DEBT	50540RAC6	2,108	3,000	PRN		DEFINED	1	X		
LEGG MASON	DEBT	524901AE5	754	1,350	PRN		DEFINED	1	X		
LEGG MASON INC	DEBT	524901AG0	1,118	2,000	PRN		DEFINED	1	X		
LIBERTY MEDIA	DEBT	530715AM3	1,505	2,000	PRN		DEFINED	1	X		
LIBERTY MEDIA	DEBT	530715AN1	941	1,250	PRN		DEFINED	1	X		
LIBERTY MEDIA	DEBT	530715AP6	4,576	4,400	PRN		DEFINED	1	X		
LIBERTY MEDIA	DEBT	530715AR2	2,496	2,400	PRN		DEFINED	1	X		
LIBERTY MEDIA	DEBT	530718AB1	10,193	9,000	PRN		DEFINED	1	X		
LIBERTY MEDIA / AT&T CORP	DEBT	530715AG6	4,556	7,050	PRN		DEFINED	1	X		
LOWES COMPANIES	DEBT	548661CD7	3,282	4,405	PRN		DEFINED	1	X		
LOWES COMPANIES	DEBT	548661CF2	4,098	5,500	PRN		DEFINED	1	X		
MASCO CORP	DEBT	574599AW6	6,600	15,000	PRN		DEFINED	1	X		
MEDTRONIC INC	DEBT	585055AB2	12,761	12,300	PRN		DEFINED	1	X		
MERRILL LYNCH	DEBT	590188A73	16,871	16,850	PRN		DEFINED	1	X		
MORGAN STANLEY	DEBT	617446GR4	2,306	2,500	PRN		DEFINED	1	X		

NEWS AMER INC	DEBT	652482AZ3	4,116	7,500	PRN	DEFINED	1	X
OMNICOM GROUP	DEBT	681919AM8	6,318	6,350	PRN	DEFINED	1	X
OMNICOM GROUP	DEBT	681919AN6	1,985	2,000	PRN	DEFINED	1	X
PMI GROUP INC	DEBT	69344MAE1	4,029	3,950	PRN	DEFINED	1	X
PPL ENERGY SUPPL	DEBT	69352JAD9	2,080	2,000	PRN	DEFINED	1	X
RADIAN GROUP	DEBT	750236AE1	1,498	1,500	PRN	DEFINED	1	X
RADIAN GROUP	DEBT	750236AF8	1,498	1,500	PRN	DEFINED	1	X
SALOMON SB HLDGS	DEBT	79548EKL5	2,083	2,000	PRN	DEFINED	1	X
SEALED AIR CORP	DEBT	81211KAG5	994	1,000	PRN	DEFINED	1	X
SELECTIVE INS GP	DEBT	816300AA5	845	2,000	PRN	DEFINED	1	X
STMICROELECTRON	DEBT	861012AB8	3,598	4,100	PRN	DEFINED	1	X
SUPERVALU INC	DEBT	868536AP8	1,500	5,000	PRN	DEFINED	1	X
TEVA PHARM FIN	DEBT	88164MAA6	2,595	1,850	PRN	DEFINED	1	X
TEVA PHARMACEUT	DEBT	88163VAB5	6,322	4,700	PRN	DEFINED	1	X
THERMO INSTR SYS INC., CONVERTIBLE	DEBT	883556AH5	5,479	5,500	PRN	DEFINED	1	X
TJX COMPANIES	DEBT	872540AL3	1,548	2,000	PRN	DEFINED	1	X
TRANSOCEAN SEDCO FOREX	DEBT	893830AD1	5,641	5,800	PRN	DEFINED	1	X
UNITED PARCEL	DEBT	911312AB2	3,108	3,100	PRN	DEFINED	1	X
UNIV HEALTH SVCS	DEBT	913903AL4	3,945	6,700	PRN	DEFINED	1	X
VERIZON GLOBAL	DEBT	92344GAN6	2,142	3,600	PRN	DEFINED	1	X
VERIZON GLOBAL	DEBT	92344GAP1	6,084	10,225	PRN	DEFINED	1	X
WATSON PHARM INC	DEBT	942683AB9	907	750	PRN	DEFINED	1	X
WORLD COLOR PRESS, INC., CONVERTIBLE	DEBT	981443AA2	1,024	1,000	PRN	DEFINED	1	X
XCEL ENERGY INC	DEBT	98389BAA8	1,096	750	PRN	DEFINED	1	X
XL CAPITAL LTD	DEBT	98372PAB4	8,096	12,800	PRN	DEFINED	1	X
YOUNG & RUBICAM	DEBT	987425AC9	2,488	2,500	PRN	DEFINED	1	X
"STOCK"			10	33,381				
DEBT			99	355,474				
REPORT TOTALS			109	388,855				