

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

Form 13F

FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: MARCH 31, 2008

Check here if Amendment ; Amendment Number:

This Amendment (Check only one.): is a restatement.
 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: PAUL SCHUTT

Title: ASSISTANT VICE PRESIDENT INVESTMENT OPERATIONS

Phone: 847-402-5169

Signature, Place, and Date of Signing:

/s/ PAUL SCHUTT NORTHBROOK, IL. 4/29/08

[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: 57

Form 13F Information Table Value Total: 382,678 (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

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
NORTHROP GRUMMAN CORP	COMMON	666807102	5,447	70,000	SH		DEFINED	1	X		
REINSURANCE GROUP AMERICA INC	COMMON	759351109	5,988	110,000	SH		DEFINED	1	X		
SVB FINANCIAL GROUP	COMMON	78486Q101	3,055	70,000	SH		DEFINED	1	X		
TRAVELERS COMPANIES INC	COMMON	89417E109	479	10,000	SH		DEFINED	1	X		
ALLERGAN INC 1.500000% 04/01/2026	DEBT	018490AL6	4,410	4,000,000	PRN		DEFINED	1	X		
ALZA CORP 0% 07/28/2020	DEBT	02261WAB5	5,793	6,500,000	PRN		DEFINED	1	X		
AMDOCS LIMITED .500000% 03/15/2024	DEBT	02342TAD1	7,673	7,750,000	PRN		DEFINED	1	X		
AMERICAN FINANCIAL GROUP 1.486100% 06/02/2033	DEBT	025932AD6	7,650	17,000,000	PRN		DEFINED	1	X		
AMGEN INC .375000% 02/01/2013	DEBT	031162AQ3	6,073	7,000,000	PRN		DEFINED	1	X		
ARCHER DANIELS .875000% 02/15/2014	DEBT	039483AW2	1,161	1,000,000	PRN		DEFINED	1	X		
AVNET INC 2.000000% 03/15/2034	DEBT	053807AL7	10,688	9,500,000	PRN		DEFINED	1	X		
BEST BUY 2.250000% 01/15/2022	DEBT	086516AF8	11,825	11,000,000	PRN		DEFINED	1	X		
BRISTOL-MYERS SQUIBB 2.510000% 09/15/2023	DEBT	110122AN8	15,365	15,500,000	PRN		DEFINED	1	X		
CAMERON INTL CORP 2.500000% 06/15/2026	DEBT	13342BAB1	11,911	8,500,000	PRN		DEFINED	1	X		
CARNIVAL CORP 1.132000% 04/29/2033	DEBT	143658AV4	4,866	7,500,000	PRN		DEFINED	1	X		
CARNIVAL CORP 2.000000% 04/15/2021	DEBT	143658AN2	5,481	5,000,000	PRN		DEFINED	1	X		
CENTERPOINT ENERGY INC 3.750000% 05/15/2023	DEBT	15189TAM9	10,300	8,150,000	PRN		DEFINED	1	X		
COSTCO WHOLESALE CORP 0% 08/19/2017	DEBT	22160QAC6	472	320,000	PRN		DEFINED	1	X		
DANAHER CORP 0% 01/22/2021	DEBT	235851AF9	11,895	10,550,000	PRN		DEFINED	1	X		
DEVON ENERGY CORPORATION 4.900000% 08/15/2008	DEBT	25179MAA1	479	300,000	PRN		DEFINED	1	X		
DOMINION RESOURCES INC 2.125000% 12/15/2023	DEBT	25746UAT6	7,875	7,000,000	PRN		DEFINED	1	X		
EMC CORP 1.750000% 12/01/2013	DEBT	268648AM4	411	350,000	PRN		DEFINED	1	X		
FAIR ISAAC CORP 1.500000% 08/15/2023	DEBT	303250AD6	979	1,000,000	PRN		DEFINED	1	X		
FISHER SCIENTIFIC INTL 3.250000% 03/01/2024	DEBT	338032AX3	12,953	8,350,000	PRN		DEFINED	1	X		
FLUOR CORP 1.500000% 02/15/2024	DEBT	343412AA0	886	350,000	PRN		DEFINED	1	X		
GENZYME CORP 1.250000% 12/01/2023	DEBT	372917AN4	13,210	11,400,000	PRN		DEFINED	1	X		
HASBRO INC 2.750000% 12/01/2021	DEBT	418056AN7	7,731	5,700,000	PRN		DEFINED	1	X		
HCC INSURANCE HOLDINGS 1.300000% 04/01/2023	DEBT	404132AB8	8,003	7,325,000	PRN		DEFINED	1	X		
INTEL CORP 2.950000% 12/15/2035	DEBT	458140AD2	5,986	6,100,000	PRN		DEFINED	1	X		
INTL GAME TECHNOLOGY 2.600000% 12/15/2036	DEBT	459902AP7	14,936	14,825,000	PRN		DEFINED	1	X		
IVAX CORP 4.500000% 05/15/2008	DEBT	465823AG7	3,116	3,000,000	PRN		DEFINED	1	X		
LABORATORY CORP AMERICA HOLDINGS LEHMAN BROTHERS HOLDINGS .250000% 05/08/2010	DEBT	524908FN5	1,350	1,500,000	PRN		DEFINED	1	X		
LIBERTY MEDIA CORP 3.250000% 03/15/2031	DEBT	530715AR2	675	1,000,000	PRN		DEFINED	1	X		
LOCKHEED MARTIN CORP 3.018130% 08/15/2033	DEBT	539830AP4	11,642	8,500,000	PRN		DEFINED	1	X		
LOWE'S COMPANIES INC .861000% 10/19/2021	DEBT	548661CG0	12,027	12,950,000	PRN		DEFINED	1	X		
MEDTRONIC INC 1.625000% 04/15/2013	DEBT	585055AM8	7,368	7,000,000	PRN		DEFINED	1	X		
MERRILL LYNCH & CO 0% 03/13/2032	DEBT	590188W46	5,848	5,500,000	PRN		DEFINED	1	X		
MYLAN LABORATORIES INC 1.250000% 03/15/2012	DEBT	628530AG2	831	1,000,000	PRN		DEFINED	1	X		
NABORS INDUSTRIES INC .940000% 05/15/2011	DEBT	629568AP1	9,203	9,000,000	PRN		DEFINED	1	X		
NATIONAL CITY CORP 4.000000% 02/01/2011	DEBT	635405AW3	9,444	11,500,000	PRN		DEFINED	1	X		
NEXTEL COMMUNIC OMNICOM GROUP INC 0% 07/01/2038	DEBT	65332VAY9	7,340	8,000,000	PRN		DEFINED	1	X		
PSS WORLD MEDICAL INC 2.250000% 03/15/2024	DEBT	681919AT3	9,987	9,500,000	PRN		DEFINED	1	X		
RAYONIER TRS HOLDINGS IN 3.750000% 10/15/2012	DEBT	69366AAB6	549	500,000	PRN		DEFINED	1	X		
RPM INTERNATIONAL INC. 1.389000% 05/13/2033	DEBT	749685AK9	5,779	9,900,000	PRN		DEFINED	1	X		
SANDISK CORP 1.000000% 05/15/2013	DEBT	80004CAC5	735	1,000,000	PRN		DEFINED	1	X		
SCHERING-PLOUGH SCHLUMBERGER LIMITED 2.125000% 06/01/2023	NON-REDEEM P/S	806605705	460	3,000	SH		DEFINED	1	X		
ST JUDE MEDICAL INC 1.220000% 12/15/2008	DEBT	806857AD0	441	200,000	PRN		DEFINED	1	X		
TEVA PHARMACEUT FIN BV 1.750000% 02/01/2026	DEBT	790849AD5	2,028	2,000,000	PRN		DEFINED	1	X		
TEVA PHARMACEUT FIN LLC .250000% 02/01/2024	DEBT	88165FAA0	6,109	5,400,000	PRN		DEFINED	1	X		
TJX COMPANIES INC 0% 02/13/2021	DEBT	88164RAB3	3,669	2,700,000	PRN		DEFINED	1	X		
TRANSOCEAN INC 1.500000% 12/15/2037	DEBT	872540AL3	12,794	11,500,000	PRN		DEFINED	1	X		
	DEBT	893830AV1	12,059	11,000,000	PRN		DEFINED	1	X		

WALT DISNEY COMPANY 2.125000%	DEBT	254687AU0	11,209	10,500,000	PRN	DEFINED	1	X
04/15/2023								
WELLS FARGO COMPANY 4.898750%	DEBT	949746FA4	13,617	13,750,000	PRN	DEFINED	1	X
05/01/2033								
WYETH 2.390000% 01/15/2024	DEBT	983024AD2	14,643	14,600,000	PRN	DEFINED	1	X
"STOCK"			4	14,968				260,000

DEBT			53	367,709				358,973,000

REPORT TOTALS			57	382,678				359,233,000
