

AL-ANON IS IT FOR YOU?

Millions of people are affected by the excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
5. Do you think that the drinker's behavior is caused by his or her companions?
6. Are routines frequently upset or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?



11. Does it seem as if every holiday is spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you find yourself searching for hidden liquor?
14. Do you often ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused and depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered *yes* to three or more of these questions, Al-Anon or Alateen may help. You can contact Al-Anon or Alateen by looking in your local telephone directory or by writing to:

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