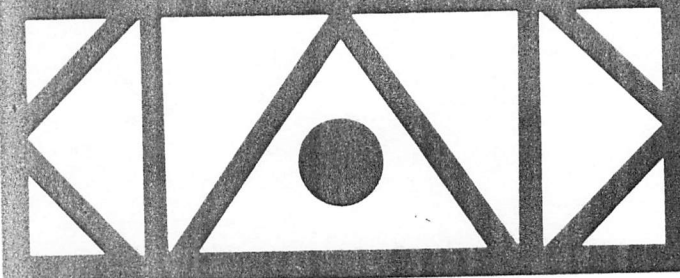


DID YOU GROW UP WITH A PROBLEM DRINKER?

Al-Anon is for families, relatives and friends whose lives have been affected by someone else's drinking. Many adults question whether they have been affected by alcoholism. If someone close to you has, or has had a drinking problem, the following questions may help you in determining whether alcoholism affected your childhood or present life and if Al-Anon is for you.

1. Do you constantly seek approval and affirmation? _____
2. Do you fail to recognize your accomplishments? _____
3. Do you fear criticism? _____
4. Do you overextend yourself? _____
5. Have you had problems with your own compulsive behavior? _____
6. Do you have a need for perfection? _____
7. Are you uneasy when your life is going smoothly, continually anticipating problems? _____
8. Do you feel more alive in the midst of a crisis? _____
9. Do you still feel responsible for others, as you did for the problem drinker in your life? _____
10. Do you care for others easily, yet find it difficult to care for yourself? _____



11. Do you isolate yourself from other people? _____
12. Do you respond with anxiety to authority figures and angry people? _____
13. Do you feel that individuals and society in general are taking advantage of you? _____
14. Do you have trouble with intimate relationships? _____
15. Do you confuse pity with love, as you did with the problem drinker? _____
16. Do you attract and seek people who tend to be compulsive? _____
17. Do you cling to relationships because you are afraid of being alone? _____
18. Do you often mistrust your own feelings and the feelings expressed by others? _____
19. Do you find it difficult to express your emotions? _____
20. Do you think parental drinking may have affected you? _____

Alcoholism is a family disease. Those of us who have lived with this disease as children sometimes have problems which the Al-Anon program can help us to resolve. If you answered *yes* to some or all of the above questions, Al-Anon may help. You can contact Al-Anon by checking your local telephone directory or by writing to:

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P.O. BOX 862, MIDTOWN STATION
NEW YORK, NEW YORK 10018-0862

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