

Name: \_\_\_\_\_

# ACTIVITY 4A

## SOMEONE ELSE'S DRINKING

Alateen is an international organization for young people whose lives have been affected by someone else's drinking. The following questions can help you decide whether or not Alateen is for you. For each question, choose Yes (Y), Sometimes (S), or No (N).

	Y / S / N
1. Do you have a parent, close friend or relative whose drinking upsets you?	
2. Are holidays and gatherings spoiled because of drinking?	
3. Do you tell lies to cover up for someone else's drinking or what's happening in your home?	
4. Do you stay out of the house as much as possible because of someone's drinking?	
5. Are you afraid to upset someone for fear it will set off a drinking bout?	
6. Are you afraid or embarrassed to bring your friends home because of someone's drinking?	
7. Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life?	
8. Do you make threats such as, "If you don't stop drinking, I'll run away"?	
9. Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that drinking will stop?	
10. Do you feel that if your mom or dad loved you, he or she would stop drinking?	
11. Do you have money problems because of someone else's drinking?	
12. Are mealtimes frequently delayed because of the drinker?	

*This activity is continued on the next page.*



Name: \_\_\_\_\_

**ACTIVITY 4B**

**SOMEONE ELSE'S DRINKING**

<b>13.</b> Have you considered calling the police because of the drinker's abusive behavior?	
<b>14.</b> Do you think your problems would be solved if the drinking stopped?	
<b>15.</b> Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry with someone else for drinking too much?	
<b>How many times did you answer YES?</b>	
<b>How many times did you answer SOMETIMES?</b>	
<b>How many times did you answer NO?</b>	

If you answered Yes or Sometimes to any to any of the questions above, your life is being seriously affected by someone's drinking. You have a right to get help. For advice or help, contact Alateen by looking in your local telephone directory, or by calling (800) 344-2666. You can also write to:

Al-Anon Family Groups, Inc.  
World Service Office  
P.O. Box 862  
New York, NY 10018

*Adapted from "Are You Troubled By Someone's Drinking?" Al-Anon Family Group Headquarters, Inc. ©1980*