

ALCOHOLISM

Alcoholism is a rough word to deal with.

Yet nobody is too young (or too old) to have trouble with alcohol.

That's because alcoholism is an illness. It can hit anyone.

And it doesn't matter how long you've been drinking or what you've been drinking. It's what drinking does to you that counts.

To help you decide whether you might have a problem with your own drinking, we've prepared these 12 questions. The answers are nobody's business but your own.

If you can answer yes to any one of these questions, maybe it's time you took a serious look at what your drinking might be doing to you.

And, if you do need help or if you'd just like to talk to someone about your drinking, call us. A.A.—it works. Check your phonebook, newspaper or aa.org.

ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © by A.A. Grapevine, Inc.;
reprinted with permission.

Copyright © 2009 by
A.A. World Services, Inc.
P.O. Box 459
Grand Central Station,
New York, NY 10163

www.aa.org

This is A.A. General Service
Conference-approved literature.

A MESSAGE TO TEENAGERS...

This is A.A. General Service Conference-approved literature.

HOW TO TELL WHEN DRINKING IS BECOMING A PROBLEM

A SIMPLE 12-QUESTION QUIZ DESIGNED TO HELP YOU DECIDE

recovery



1

DO YOU DRINK TO RELAX WHEN YOU HAVE PROBLEMS?



2

DO YOU DRINK WHEN YOU GET IRRITATED, FRUSTRATED, UNHAPPY, OR ANGRY?

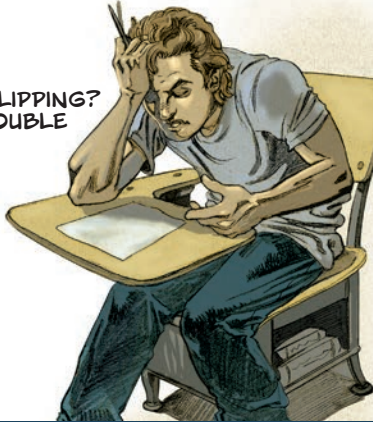


3

DO YOU PREFER TO DRINK ALONE?

4

ARE YOUR GRADES SLIPPING? ARE YOU HAVING TROUBLE AT WORK?



5

DO YOU EVER TRY TO STOP DRINKING, OR DRINK LESS, AND FAIL?



6

DO YOU TAKE DRINKS IN THE MORNING?



7

DO YOU GUZZLE YOUR DRINKS?



8

HAVE YOU EVER FORGOTTEN WHAT HAPPENED WHEN YOU WERE DRINKING?



9

DO YOU EVER LIE ABOUT YOUR DRINKING?

10

DO YOU EVER GET IN TROUBLE WHEN YOU DRINK?



11

DO YOU GET DRUNK WHEN YOU DRINK, EVEN THOUGH YOU DON'T WANT TO?



12

DO YOU THINK IT IS COOL TO BE ABLE TO DRINK A LOT?

