

Have You an Honest Desire to Stop Drinking?

If alcohol is a problem to you and if the Twenty Questions have convinced you that you are an alcoholic, perhaps you will say, "Yes, but I can quit by myself any time." More power to you if you can—**and do.**

All of us who are now members of Alcoholics Anonymous said that once, or a million times. "I can take it, or leave it alone." So we took it. With the result that later we got into further trouble and eventually reached an extremity when we had to admit we could not stop without help.

We define an alcoholic as one who has lost the ability to control his or her drinking, one whose drinking disrupts his or her business, family or social life and who cannot stop for long, even though he may want to. We regard alcoholism as an illness; an obsession of the mind coupled with an allergy of the body.

If you honestly desire to stop drinking, Alcoholics Anonymous can help you. The A.A. program really works. It has already helped millions who suffered from the seemingly incurable disease of alcoholism.

What is Alcoholics Anonymous?

Alcoholics Anonymous, known as A.A. for short, now numbers over two million people worldwide for whom alcohol has become a major problem and who, admitting it, have decided to do something about it. They have, on the evidence of their own lives, decided that for them alcohol is a poison, and are honestly attempting to build a satisfactory mode of living without alcohol in any form.

Most emphatically, we are not reformers or evangelists. We have laid a foundation for our own permanent recovery and we aim to help only those who want to stop drinking.

How Can A.A. Help Me to Stop Drinking?

Here are some suggestions which have helped many thousands of A.A. members to stop drinking.

Admit that you are an alcoholic, that you are licked and need help.

Have an honest desire to stop drinking.

Read the book, *Alcoholics Anonymous*, as soon as possible. Also read other A.A. literature.

Attend every meeting of you're A.A. group. Do this at least once each week. Make this your number one duty, ahead of every other business, family or social responsibility. Remember your drinking came first before; now **A.A. meetings come first.**

Bring your spouse, other close relative, or friend to an A.A. meeting.

Reach out to an A.A. newcomer who needs help and try to help him or her as you have been helped yourself.

Talk and associate with other A.A. members as much as possible. Ask questions freely. Through intimate, personal discussion a fuller understanding of the A.A. program can be obtained.

The Twenty Questions

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Are You An Alcoholic?

To answer this question, ask yourself the following questions and answer them as honestly as you can.

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Do you lose time from work due to drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is drinking making your home life unhappy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you drink because you are shy with other people? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Is drinking affecting your reputation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever felt remorse after drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you gotten into financial difficulties as a result of drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you turn to lower companions and an inferior environment when drinking? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | Yes | No |
|---|--------------------------|--------------------------|
| 8. Does your drinking make you careless of your family's welfare? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has your ambition decreased since drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you crave a drink at a definite time daily? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do you want a drink the next morning? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does drinking cause you to have difficulty sleeping? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has your efficiency decreased since drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Is drinking jeopardizing your job or business? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do you drink to escape from worries or troubles? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Do you drink alone? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | Yes | No |
|---|--------------------------|--------------------------|
| 17. Have you ever had a complete loss of memory as a result of drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Has your physician ever treated you for drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Do you drink to build up your self-confidence? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever been to a hospital or institution on account of drinking? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered YES to any **one** of the questions, there is a definite warning that **you may be an alcoholic.**

If you answered YES to any **two**, the chances are that **you are an alcoholic.**

(These test questions were developed by Johns Hopkins University Hospital, Baltimore MD, to decide whether or not a patient is alcoholic.)