

DID YOU GROW UP WITH A PROBLEM DRINKER? Al-Anon Is for You!

Al-Anon is for families, relatives, and friends whose lives have been affected by someone else's drinking. If someone close to you, such as a family member, friend, co-worker, or neighbor, has or has had a drinking problem, the following questions may help you determine 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 fear 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/or seek people who tend to be compulsive and/or abusive?
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 identify and express your emotions?
20. Do you think someone's 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 have answered yes to any of the above questions, Al-Anon may help. You can contact Al-Anon by checking your local telephone directory or by writing to:



Al-Anon Family Group Headquarters, Inc.
Al-Anon Family Group Headquarters (Canada) Inc.
www.al-anon.alateen.org
wso@al-anon.org

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Phone: (757) 563-1600 Fax: (757) 563-1655

9 Antares Drive, Suite 245
Ottawa, ON K2E 7V5
Phone: (613) 723-8484 Fax: (613) 723-0151

For meeting information call:
1-888-4AL-ANON (1-888-425-2666)
(USA and Canada, Monday-Friday, 8 a.m.-6 p.m. ET)

© Al-Anon Family Group Headquarters, Inc., 1984