

Is
A.A.
for Me?



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 to 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, politics, 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.

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Box 459
Grand Central Station,
New York, NY 10163

www.aa.org

Is A.A. for me?

All of us in A.A. have asked this question.

We found out that many people had felt like us.

With the help of A.A. we tried to understand what alcohol had done to us. We were not alone. We could get help.

Answer each question yes or no. Yes answers will tell you if A.A. is for you.

Have I tried to stop
drinking for a week or so
but could not do it?

Yes No



Most of us in A.A. made promises to ourselves or our families. We could not keep them. Then we came to Alcoholics Anonymous. A.A. said, "Try not to drink *today*. If we do not drink today, we cannot get drunk today."

Have I wished people
would stop talking about
my drinking?

Yes No



In A.A. we do not tell anyone what to do. We talk about what we did. We talk about *our* drinking. We talk about how *we* stopped. We will help you if you want help.

Have I changed drinks to
try not to get drunk?

Yes No



We tried not to get drunk. We made our drinks weak. We just drank beer or wine, or we just drank on weekends. But if we drank anything with alcohol in it, we got drunk.

Do I ever need a drink to get going
in the morning?

Yes No



We found that if we needed a drink when we woke up, then we needed alcohol too much. If we need a drink to start the day, drinking is a problem.

Do I envy people who can drink
without getting into trouble ?

Yes No



Other people seemed to be able to
take it or leave it. We were different.
We did not know why.

Does my drinking cause
problems at home?

Yes No



Before A.A. we thought people or problems at home caused our drinking. Now we know drinking made things worse at home.

Does my drinking cause
problems with other people?

Yes No



People treated us in a different way when we drank. They asked how much we had. We found that we lost friends when we drank.

Do I try to get extra drinks?

Yes No



Sometimes we had a “few” drinks before we went out. There never seemed to be enough. Drinks never came as fast as we wanted them.

Have I tried to stop drinking but
still got drunk ?

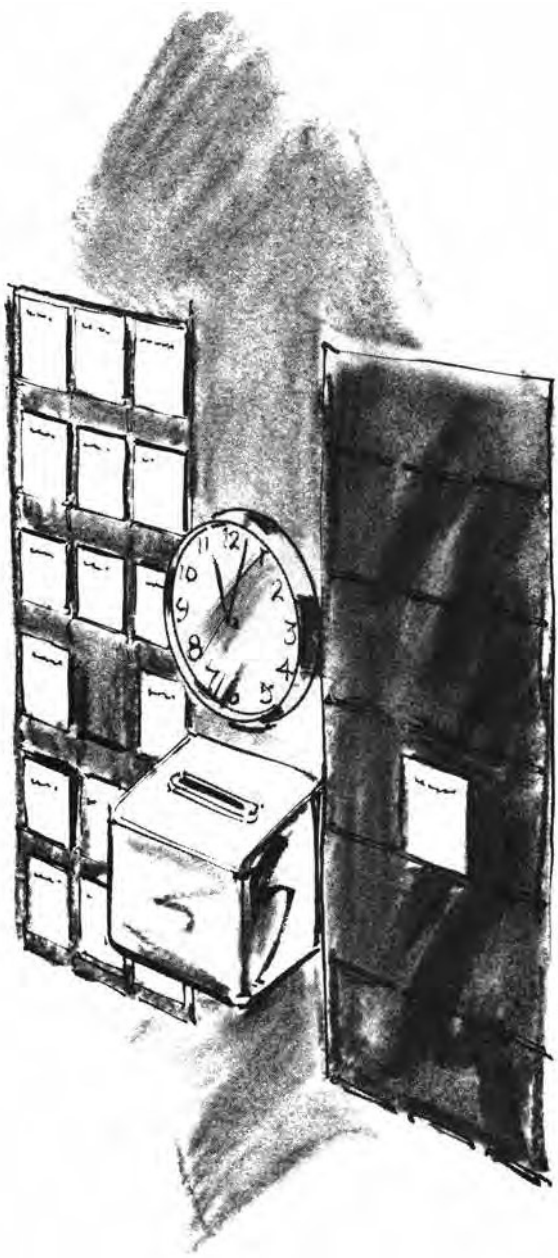
Yes No



We kidded ourselves that we could stop anytime. We learned that once we started to drink, we could not stop.

Have I missed work or cut school
because of drinking?

Yes No



We called in sick or told lies to get out of work or school. We were really hungover or drunk.

Do I have blackouts — times
I cannot remember?

Yes No



In A.A. we learned that blackouts are a sign that we have a drinking problem.

Would my life be better if I quit drinking?

Yes No



Many of us drank to make things better. But when we got to A.A., alcohol had taken over our lives.



**How does it add up?
Is A.A. for you?**

A.A. cannot take care of all your problems. But we can show you how to live one day at a time without alcohol. Many people have beat their drinking problem. Only you can decide if A.A. is for you. If your answer is yes, call us.

Yes No

1. Have I tried to stop drinking for a week or so, but could not do it?
2. Have I wished people would stop talking about my drinking?
3. Have I changed drinks to try not to get drunk?
4. Do I ever need a drink to get going in the morning?
5. Do I envy people who can drink without getting into trouble?
6. Does my drinking cause problems at home?
7. Does my drinking cause problems with other people?
8. Do I try to get extra drinks?
9. Have I tried to stop drinking but still got drunk?
10. Have I missed work or cut school because of drinking?
11. Do I have blackouts — times I cannot remember?
12. Would my life be better if I quit drinking?



For more information
look for “A.A.” or
“Alcoholics Anonymous”
in your local telephone book,
online or write:

A.A. General Service Office
Box 459, Grand Central Station
New York, NY 10163
Telephone: (212) 870-3400
Website: www.aa.org

A.A. PUBLICATIONS Below is a partial listing of A.A. publications. Complete order forms are available from the General Service Office of ALCOHOLICS ANONYMOUS, Box 459, Grand Central Station, New York, NY 10163. Telephone: (212) 870-3400; Website: aa.org.

BOOKS

ALCOHOLICS ANONYMOUS
TWELVE STEPS AND TWELVE TRADITIONS
DAILY REFLECTIONS
ALCOHOLICS ANONYMOUS COMES OF AGE
AS BILL SEES IT
DR. BOB AND THE GOOD OLDTIMERS
'PASS IT ON'

BOOKLETS

LIVING SOBER
CAME TO BELIEVE
A.A. IN PRISON: INMATE TO INMATE

PAMPHLETS

Experience, Strength and Hope:

WOMEN IN A.A.
A.A. FOR THE BLACK AND AFRICAN-AMERICAN ALCOHOLIC
A.A. FOR THE NATIVE NORTH AMERICAN
YOUNG PEOPLE AND A.A.
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE
LGBTQ ALCOHOLICS IN A.A.
THE "GOD" WORD: AGNOSTIC AND ATHEIST MEMBERS IN A.A.
A.A. FOR ALCOHOLICS WITH MENTAL HEALTH ISSUES —
AND THEIR SPONSORS
ACCESS TO A.A.: MEMBERS SHARE ON OVERCOMING BARRIERS
A.A. AND THE ARMED SERVICES
DO YOU THINK YOU'RE DIFFERENT?
MANY PATHS TO SPIRITUALITY
MEMO TO AN INMATE
IT SURE BEATS SITTING IN A CELL
(An illustrated pamphlet for inmates)

About A.A.:

FREQUENTLY ASKED QUESTIONS ABOUT A.A.
IS A.A. FOR ME?
IS A.A. FOR YOU?
A NEWCOMER ASKS
IS THERE AN ALCOHOLIC IN YOUR LIFE?
THIS IS A.A.
QUESTIONS AND ANSWERS ON SPONSORSHIP
THE A.A. GROUP
PROBLEMS OTHER THAN ALCOHOL
THE A.A. MEMBER—MEDICATIONS AND OTHER DRUGS
SELF-SUPPORT: WHERE MONEY AND SPIRITUALITY MIX
THE TWELVE STEPS ILLUSTRATED
THE TWELVE TRADITIONS ILLUSTRATED
THE TWELVE CONCEPTS ILLUSTRATED
HOW A.A. MEMBERS COOPERATE WITH PROFESSIONALS
A.A. IN CORRECTIONAL FACILITIES
A.A. IN TREATMENT SETTINGS
BRIDGING THE GAP
A.A. TRADITION—HOW IT DEVELOPED
LET'S BE FRIENDLY WITH OUR FRIENDS
UNDERSTANDING ANONYMITY

For Professionals:

A.A. IN YOUR COMMUNITY
A BRIEF GUIDE TO A.A.
IF YOU ARE A PROFESSIONAL
ALCOHOLICS ANONYMOUS AS A RESOURCE
FOR THE HEALTH CARE PROFESSIONAL
A MESSAGE TO CORRECTIONS PROFESSIONALS
IS THERE A PROBLEM DRINKER IN THE WORKPLACE?
MEMBERS OF THE CLERGY ASK ABOUT A.A.
A.A. MEMBERSHIP SURVEY
A MEMBER'S-EYE VIEW OF ALCOHOLICS ANONYMOUS

VIDEOS (available on aa.org)

A.A. VIDEOS FOR YOUNG PEOPLE
HOPE: ALCOHOLICS ANONYMOUS
A NEW FREEDOM
CARRYING THE MESSAGE BEHIND THESE WALLS

For Professionals:

A.A. VIDEO FOR HEALTH CARE PROFESSIONALS
A.A. VIDEO FOR LEGAL AND CORRECTIONS PROFESSIONALS
A.A. VIDEO FOR EMPLOYMENT/HUMAN RESOURCES PROFESSIONALS

PERIODICALS

AA GRAPEVINE (monthly)
LA VIÑA (bimonthly, in Spanish)

A DECLARATION OF UNITY

This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: **I am responsible.**

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

