You are not alone. We want to help.

Is AA for you?

12 Questions only you can answer.

1. Have you ever decided to stop drinking for a week or so, but only lasted a for a couple of days?
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have a drink upon waking up during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt that your life would be better if you did not drink?

District 75, Area 79
West Kootenay
AA Meeting Guide

If you want to drink, that’s your business.
If you want to stop, that’s ours.

MEETING INFORMATION MAY HAVE CHANGED SINCE THIS PRINT.

For the most up-to-date meeting times and locations visit **bcyukonaa.org** or **aawestkootenays.org**
Download the **Meeting Guide app**

AA literature can be downloaded at aa.org

ALCOHOLICS ANONYMOUS is a fellowship of people 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.