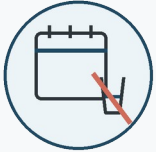


20 Questions for Reflection

Is A.A. for Me?

How to use this exercise

Answer each question YES or NO based on your own experience. There are no right or wrong answers, and your answers are yours. When we come back together, share only what you are comfortable sharing. The purpose is self-reflection and conversation - not diagnosis.



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

YES ☐ NO ☐



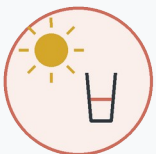
2*. Have I wished people would stop talking about my drinking?

YES ☐ NO ☐



3*. Have I changed drinks to try not to get drunk?

YES ☐ NO ☐



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

YES ☐ NO ☐

Questions 5-8



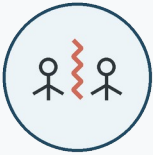
5*. Do I envy people who can drink without getting into trouble?

YES ☐ NO ☐



6*. Does my drinking cause problems at home?

YES ☐ NO ☐



7*. Does my drinking cause problems with other people?

YES ☐ NO ☐



8*. Do I try to get extra drinks?

YES ☐ NO ☐

Questions 9-12



9*. Have I tried to stop drinking but still got drunk?

YES ☐ NO ☐



10*. Have I missed work or cut school because of drinking?

YES ☐ NO ☐



11*. Do I have blackouts - times I cannot remember?

YES ☐ NO ☐



12*. Would my life be better if I quit drinking?

YES ☐ NO ☐

Questions 13-16 | Supplemental discussion questions



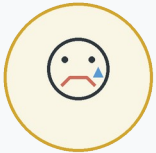
13. Do you drink because you are shy with other people?

YES ☐ NO ☐



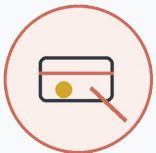
14. Is your drinking affecting your reputation?

YES ☐ NO ☐



15. Have you ever felt guilt or remorse after drinking?

YES ☐ NO ☐



16. Have you ever got into financial difficulties as a result of drinking?

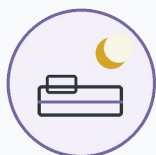
YES ☐ NO ☐

Questions 17-20



17. Has your ambition decreased since drinking?

YES ☐ NO ☐



18. Does drinking cause you to have difficulty in sleeping?

YES ☐ NO ☐



19. Do you drink to escape from worries or trouble?

YES ☐ NO ☐



20. Do you drink alone?

YES ☐ NO ☐

Your reflection score

TOTAL YES
____ / 20

Count 1 point for each YES.

The number is a discussion guide, not a medical diagnosis or an official A.A. scoring system. The more YES answers you have, the more areas of life may have been affected by drinking. Pay special attention to the questions that brought up a memory, feeling, or story.

A simple way to reflect on the number

0 YES: No items checked YES. Consider what brought you to this exercise and whether any question still made you pause.

1-2 YES: A few experiences stand out. Which one matters most to you?

3-5 YES: Several patterns or consequences show up. Look for the common thread in your YES answers.

6+ YES: Drinking has touched multiple areas in this exercise. Consider talking through what stands out with another A.A. member or the group.

Source note

* Questions 1-12 are reproduced from "Is A.A. for Me?" (P-36), A.A. General Service Conference-approved literature. Official A.A. self-assessment resources are available at aa.org.

Questions 13-20 are selected from the separate historical 20-question checklist supplied for this group exercise. They are not represented here as current Conference-approved A.A. literature. **This combined handout is a group-created discussion exercise and is not itself A.A. Conference-approved literature.**

* Starred questions are from A.A. General Service Conference-approved literature. Full source note on the final page.