



Alcoholics Anonymous Central CT Intergroup

What does A.A. NOT do?

1. A.A. does *not* run membership drives to try to argue alcoholics into joining. A.A. is for alcoholics who want to get sober?
2. A.A. does *not* check up on its members to see that they don't drink. It helps alcoholics to help themselves.
3. A.A. is *not* a religious organization. All members are free to decide on their own personal ideas about the meaning of life
4. A.A. is *not* a medical organization, does not give out medicines or psychiatric advice.
5. A.A. does *not* run any hospitals or treatment centers, or provide nursing services.
6. A.A. is *not* affiliated with any other organization. But A.A. does cooperate with organization that are interested in recovery. Some members work for such organizations- but on their own- not as representatives of A.A.
7. A.A. does *not* accept money from sources outside A.A.; either private or government.
8. A.A. does *not* offer any social services, does not provide housing, food, clothing, jobs or money. It helps alcoholics stay sober, so they can earn these things for themselves.
9. Alcoholics Anonymous lives up the "Anonymous" part of its title. It does *not* want member's full names or faces to be revealed on radio, TV, newspapers or on new media technologies such as the Internet. And member do not tell other member's names to people outside A.A.. But members are not ashamed of belonging to A.A. They just want to encourage more alcoholics to come to A.A. for help. And they do not want to make heroes or heroines of themselves simply for taking care of their own health.
10. A.A. does *not* provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.



For many years, alcoholism has been recognized as a highly prevalent and disabling health problem, one that affects far more than just the alcoholic alone. Family, friends and others are hurt by its effects- in the home, on the job, on our highways and roads. Alcoholism costs lives, as well as costing communities millions of dollars. So, whether or not you ever become an alcoholic yourself, alcoholism can still have a devastating impact on your life.

We in A.A. have learned a great deal about alcoholism – how to identify and arrest it, and how to live a life in recovery. But so far, no one has discovered a way to prevent it; it is still unknown just why some drinkers turn into alcoholics and others do not. Many doctors and scientists in the field have studied this question but have not been able to determine a definitive cause (or causes) for alcoholism.

For that reason, we in A.A. concentrate on helping those who are already alcoholics, those who may have a desire to stop drinking, so that they can begin to recover and to learn how to live a normal, happy life without alcohol.

A brief guide to A.A.

What A.A. Is

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like- and they have learned how to recover from it in A.A.

A.A. members say that they are alcoholics today – even when they have not had a drink for many years. They do not say that they are “cured”. Once people have lost their ability to control their drinking, they can never again be sure of drinking safely- or, in other words, they can never become “former alcoholics” or ex-alcoholics” But in A.A. they have become sober alcoholics, recovered alcoholics.



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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 problems and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no fees for A.A. membership; we are self-supporting through our own contributions

A.A. is not allied with any sect, denominations, politics, organization or institution; down not wish to engage in any controversy; neither endorse nor oppose any causes.

Our primary purpose is to stay sober and help the alcoholics to achieve sobriety.

How does A.A. help the alcoholic



Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink. “one day at a time” as the A.A.s do. Instead of “swearing it off forever” or working about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now-today.

By keeping alcohol out of their systems, newcomers take care of one part of their illness- their bodies have a change to get well But remember, there is another part. If thy are going to stay sober, they need healthy minds and healthy emotions, too. So they can begin to straighten out their confused thinking and unhappy feeling by following A.A’s “*Twelve Steps*” to recovery.

These Steps *suggest* ideas and actions that can guide alcoholics toward happy and useful lives.

To be in touch with other members and to learn about the recovery program, new members got to A.A. meetings regularly.

Steps and Traditions

A.A.'s 12 Steps

THE 12 STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

A.A.'s 12 Traditions

12 Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



You can find updated information on meetings at:

<http://CCTI-AA.org>

Or by calling **toll-free number 1-866-STEPS12 (1-866-783-7712)** to connect you with **the AA answering service**, or use one of the local numbers listed below.

***NEW* Spanish language answering service at 1-855-ESPANCT (1-855-377-2628).**

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IF presenting to Potential Alcoholic's you can use these slides

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Am I an Alcoholic?

12 questions only you can answer

Answer YES or NO to the following questions.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking– 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 an eye-opener upon awakening 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?

Did you answer YES to 4 or more of these questions? You may be in trouble with alcohol.

These questions are from AA’s website, (c) Copyright 1973, A.A. World Services, Inc. Read more about them on aa.org by [clicking here](#).



What happens at an AA meeting?

AA meetings vary in format and size. There are discussion meetings, speaker meetings, meetings which center around reading AA literature, and some meetings are combinations of these formats.

At any AA meeting, alcoholics share from their own experience about what their lives were like when they were drinking, what actions they have taken to recover from active alcoholism, and what their lives are like today.

AA does not keep any membership records. You do not have to reveal anything about yourself when you attend a meeting. Attending an AA meeting does not obligate you to anything; you are welcome to make your own decision about whether to come back.



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How much does AA membership cost?

There are no dues or fees for AA membership. Groups often take a collection to pay for the meeting's expenses, such as coffee, rent, and literature, and AA members are welcome to contribute as much or as little as they like. Newcomers and visitors are not expected to contribute to the collection.

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What can I do next?

If you think you may be an alcoholic or you have a desire to stop drinking, we urge you to learn more about AA. The best way to learn more is to attend an AA meeting. There are hundreds of AA meetings in Connecticut everyday, meeting at almost any time of day.

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