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.

This leaflet is intended for people approaching Alcoholics Anonymous (A.A.) for the first time. In it we have tried to answer the questions most frequently in the minds of newcomers — the questions which were in our minds when we first approached the Fellowship.

Am I an alcoholic?
If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic.

Only you can decide. No one in A.A. will tell you whether you are or are not.

What can I do if I am worried about my drinking?
Seek help. Alcoholics Anonymous can help.

What is Alcoholics Anonymous?
We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt — most of us successfully — to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

If I go to an A.A. meeting, does that commit me to anything?
No. A.A. does not keep membership files or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don’t want to come back.

What happens if I meet people I know?
They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?
An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.
**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.

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**A Newcomer Asks**

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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.

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Remember that alcoholism is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Alcoholism kills people. If you are an alcoholic, and if you continue to drink, in time you will get worse.

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.
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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.
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**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.**

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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 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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**A Newcomer Asks**

**Am I an alcoholic?**

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic.

Only you can decide. No one in A.A. will tell you whether you are or are not.

**What can I do if I am worried about my drinking?**

Seek help. Alcoholics Anonymous can help.

**What is Alcoholics Anonymous?**

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt — most of us successfully — to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

**If I go to an A.A. meeting, does that commit me to anything?**

No. A.A. does not keep membership files or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don’t want to come back.

**What happens if I meet people I know?**

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

**What happens at an A.A. meeting?**

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

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**This leaflet is intended for people approaching Alcoholics Anonymous (A.A.) for the first time. In it we have tried to answer the questions most frequently in the minds of newcomers — the questions which were in our minds when we first approached the Fellowship.**

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