

# IS A.A. FOR ME?

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

**B**  
**recovery**  
**B**

*ALCOHOLICS ANONYMOUS*<sup>®</sup> 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.

*Copyright © by The A.A. Grapevine, Inc.;  
reprinted with permission*

Copyright © 1989  
Alcoholics Anonymous World Services, Inc.  
475 Riverside Drive  
New York, NY 10115

*Mail address:*  
Box 459  
Grand Central Station,  
New York, NY 10163

[www.aa.org](http://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.

- |   | <b>Yes</b>               | <b>No</b>                |
|---|--------------------------|--------------------------|
| 1. Have I tried to stop drinking for a week or so, but could not do it? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have I wished people would stop talking about my drinking?           | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have I changed drinks to try not to get drunk?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do I ever need a drink to get going in the morning?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do I envy people who can drink without getting into trouble?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Does my drinking cause problems at home?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does my drinking cause problems with other people?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do I try to get extra drinks?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have I tried to stop drinking but still got drunk?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have I missed work or cut school because of drinking?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do I have blackouts — times I cannot remember?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Would my life be better if I quit drinking?                         | <input type="checkbox"/> | <input type="checkbox"/> |



For more information  
look for "A.A." or  
"Alcoholics Anonymous"  
in your local telephone book,  
or call or write:

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

## **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