A Message to Teenagers…

How to tell when drinking is becoming a problem

A simple 12-question quiz to help you decide

**ALCOHOLISM**

Alcoholism is a rough word to deal with.
Yet nobody is too young (or too old) to have trouble with alcohol.

That’s because alcoholism is an illness.
It can hit anyone.

And it doesn’t matter how long you’ve been drinking or what you’ve been drinking. It’s what drinking does to you that counts.

To help you decide whether you might have a problem with your own drinking, we’ve prepared these 12 questions. The answers are nobody’s business but your own.

If you can answer yes to any one of these questions, maybe it’s time you took a serious look at what your drinking might be doing to you.

And, if you do need help or if you’d just like to talk to someone about your drinking, call us. A.A. — it works. Check your phonebook, newspaper or aa.org.

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This is A.A. General Service Conference-approved literature
1. Do you drink to relax when you have problems?

2. Do you drink when you get irritated, frustrated, unhappy, or angry?

3. Do you prefer to drink alone?

4. Are your grades slipping? Are you having trouble at work?

5. Do you ever try to stop drinking, or drink less, and fail?

6. Do you take drinks in the morning?

7. Do you guzzle your drinks?

8. Have you ever forgotten what happened when you were drinking?

9. Do you ever lie about your drinking?

10. Do you get in trouble when you drink?

11. Do you drink when you drink, even though you don't want to?

12. Do you think it is cool to be able to drink a lot?