

Is **A.A.** for Me?



ALCOHOLICS ANONYMOUS® is a fellowship of people 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 AA Grapevine, Inc.;
reprinted with permission.*

Copyright © 2018
by Alcoholics Anonymous World Services, Inc.

All right reserved.

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

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 ?

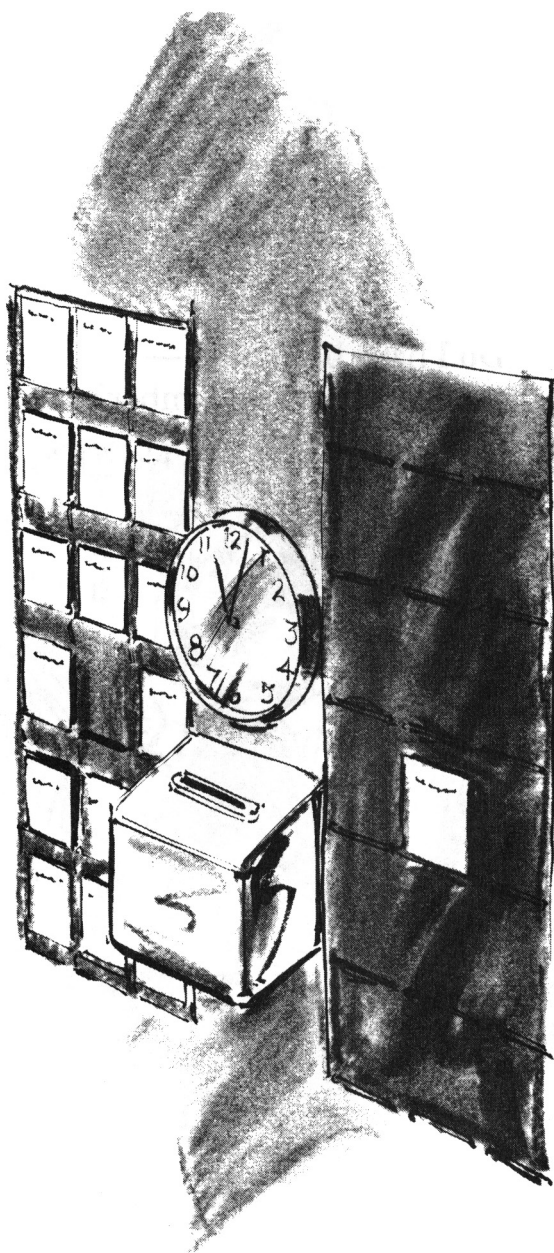
Yes ☐ No ☐



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.

	Yes	No
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”
online or write:

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

A.A. PUBLICATIONS Below is a partial listing of A.A. publications. Complete order forms are available from the General Service Office of Alcoholics Anonymous, Box 459, Grand Central Station, New York, NY 10163. Telephone: (212) 870-3400. Website: www.aa.org

BOOKS

ALCOHOLICS ANONYMOUS
TWELVE STEPS AND TWELVE TRADITIONS
DAILY REFLECTIONS
AS BILL SEES IT
OUR GREAT RESPONSIBILITY
ALCOHOLICS ANONYMOUS COMES OF AGE
DR. BOB AND THE GOOD OLDTIMERS
'PASS IT ON'

BOOKLETS

LIVING SOBER
CAME TO BELIEVE
A.A. IN PRISON: A MESSAGE OF HOPE
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE

PAMPHLETS

Experience, Strength and Hope:

WOMEN IN A.A.
BLACK IN A.A.
A.A. FOR THE NATIVE NORTH AMERICAN
YOUNG PEOPLE IN A.A.
LGBTQ ALCOHOLICS IN A.A.
THE "GOD" WORD: AGNOSTIC AND ATHEIST MEMBERS IN A.A.
A.A. FOR ALCOHOLICS WITH MENTAL HEALTH ISSUES —
AND THEIR SPONSORS
ACCESS TO A.A.: MEMBERS SHARE ON OVERCOMING BARRIERS
A.A. AND THE ARMED SERVICES
DO YOU THINK YOU'RE DIFFERENT?
MANY PATHS TO SPIRITUALITY
HISPANIC WOMEN IN A.A.
BEHIND THE WALLS: A MESSAGE OF HOPE
IT SURE BEATS SITTING IN A CELL
(An illustrated pamphlet for those in custody)

About A.A.:

FREQUENTLY ASKED QUESTIONS ABOUT A.A.
IS A.A. FOR ME?
IS A.A. FOR YOU?
A NEWCOMER ASKS
IS THERE AN ALCOHOLIC IN YOUR LIFE?
THIS IS A.A.
QUESTIONS AND ANSWERS ON SPONSORSHIP
THE A.A. GROUP
PROBLEMS OTHER THAN ALCOHOL
THE A.A. MEMBER—MEDICATIONS AND OTHER DRUGS
SELF-SUPPORT: WHERE MONEY AND SPIRITUALITY MIX
EXPERIENCE HAS TAUGHT US:
AN INTRODUCTION TO OUR TWELVE TRADITIONS
THE TWELVE STEPS ILLUSTRATED
THE TWELVE CONCEPTS ILLUSTRATED
THE TWELVE TRADITIONS ILLUSTRATED
HOW A.A. MEMBERS COOPERATE WITH PROFESSIONALS
A.A. IN CORRECTIONAL FACILITIES
A.A. IN TREATMENT SETTINGS
BRIDGING THE GAP
A.A. TRADITION—HOW IT DEVELOPED
LET'S BE FRIENDLY WITH OUR FRIENDS
UNDERSTANDING ANONYMITY

For Professionals:

A.A. IN YOUR COMMUNITY
A BRIEF GUIDE TO A.A.
IF YOU ARE A PROFESSIONAL
ALCOHOLICS ANONYMOUS AS A RESOURCE
FOR THE HEALTH CARE PROFESSIONAL
A MESSAGE TO CORRECTIONS PROFESSIONALS
IS THERE A PROBLEM DRINKER IN THE WORKPLACE?
FAITH LEADERS ASK ABOUT A.A.
A.A. MEMBERSHIP SURVEY

VIDEOS (available on www.aa.org)

A.A. VIDEOS FOR YOUNG PEOPLE
HOPE: ALCOHOLICS ANONYMOUS
A NEW FREEDOM

For Professionals:

A.A. VIDEO FOR HEALTH CARE PROFESSIONALS
A.A. VIDEO FOR LEGAL AND CORRECTIONS PROFESSIONALS
A.A. VIDEO FOR EMPLOYMENT/HUMAN RESOURCES PROFESSIONALS

PERIODICALS

AA GRAPEVINE (monthly, www.aagrapevine.org)
LA VIÑA (bimonthly, in Spanish, www.aalavina.org)
ABOUT A.A. (digital-only, www.aa.org/about-aa)

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.**

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

