

Has Your Life Been Affected By Someone Else's Drinking?

Alateen Is For You!

Alateen is for young people whose lives have been affected by someone else's drinking. Sometimes, the active drinking has stopped, or the active drinker may not live with us anymore. Even though the alcohol may be gone, and the alcoholic gone or recovering in AA, we are still affected. Many of us have received help from Alateen or Al-Anon. The following twenty questions are to help you decide whether or not Alateen is for you.

1. Do you believe no one could possibly understand how you feel? _____
2. Do you cover up your real feelings by pretending you don't care? _____
3. Do you feel nobody really loves you or cares what happens to you? _____
4. Do you tell lies to cover up for someone else's drinking or what's happening in your home? _____
5. Do you stay out of the house as much as possible because you hate it there? _____
6. Are you afraid or embarrassed to bring your friends home? _____
7. Has someone's drinking upset you? _____
8. Are holidays and gatherings spoiled because of drinking or others' reactions to the drinking? _____
9. Are you afraid to speak up sometimes for fear it will set off a drinking bout or start another fight? _____
10. Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? _____
11. Do you make threats such as, "If you don't stop drinking and fighting, I'll run away"? _____

Are You Troubled By Someone's Drinking? Al-Anon Is For You!

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?

DID YOU GROW UP WITH A PROBLEM DRINKER?

Al-Anon is for families, relatives and friends whose lives have been affected by someone else's drinking. Many adults question whether they have been affected by alcoholism. If someone close to you has, or has had a drinking problem, the following questions may help you in determining whether alcoholism affected your childhood or present life, and if Al-Anon is for you.

1. Do you constantly seek approval and affirmation?
2. Do you constantly seek approval and affirmation? Do you fail to recognize your accomplishments?
3. Do you fear criticism?
4. Do you overextend yourself?
5. Have you had problems with your own compulsive behavior?
6. Do you have a need for perfection?
7. Are you uneasy when your life is going smoothly, continually anticipating problems?
8. Do you feel more alive in the midst of a crisis?
9. Do you still feel responsible for others, as you did for the problem drinker in your life?
10. Do you care for others easily, yet find it difficult to care for yourself?
11. Do you isolate yourself from other people?
12. Do you respond with fear to authority figures and angry people?
13. Do you feel that individuals and society in general are taking advantage of you?

12. Do you make promises about behavior, such as, "I'll get better grades," "go to church," or "keep my room clean" in exchange for a promise that the drinking and fighting stop? _____
13. Do you feel that if your mom or dad loved you, she or he would stop drinking? _____
14. Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you"? _____
15. Do you or your family have money problems because of someone else's drinking? _____
16. Are mealtimes frequently stressful or delayed because of drinking or fighting? _____
17. Have you considered calling the police because of the abusive behavior in your home? _____
18. Have you refused dates because your date may find out about the drinking or fighting? _____
19. Do you think your problems would be solved if the drinking stopped? _____
20. Do you ever treat people (teachers, school-mates, teammates, etc.) unjustly because you are angry at someone else for drinking too much? _____

If you have answered yes to any of these questions, Alateen may help you. You can contact Al-Anon or Alateen by looking in your local telephone directory or by writing to:



Al-Anon Family Group Headquarters, Inc.
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Telephone: 757-563-1600 Fax: 757-563-1655
 Web site: www.al-anon.alateen.org
 E-mail: wso@al-anon.org

For meeting information call:
1-888-245-2666 (1-888-4AL-ANON)
 (USA and Canada, Monday - Friday, 8 a.m. - 6 p.m. ET)

©Al-Anon Family Groups Headquarters, Inc. 2000
 18-130M-00-100/2.00 S-20 Printed in U.S.A.

14. Do you often ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone to in order to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered yes to three or more of these questions, Al-Anon or Alateen may be able to help. You can contact Al-Anon or Alateen by looking in your local telephone directory. Visit Al-Anon on the World Wide Web at <http://www.al-anon.alateen.org>, or by writing to:

403-346-8930



Al-Anon Family Group Headquarters, Inc.
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Telephone: 757-563-1600 Fax: 757-563-1655

Or for a packet of introductory literature call:
800-356-9996 (U.S.A.)
800-714-7498 (Canada)

©Al-Anon Family Group Headquarters, Inc. 1980

14. Do you have trouble with intimate relationships?
15. Do you confuse pity with love, as you did with the problem drinker?
16. Do you attract and/or seek people who tend to be compulsive and/or abusive?
17. Do you cling to relationships because you are afraid of being alone?
18. Do you often mistrust your own feelings and the feelings expressed by others?
19. Do you find it difficult to identify and express your emotions?
20. Do you think parental drinking may have affected you?

Alcoholism is a family disease. Those of us who have lived with this disease as children sometimes have problems which the Al-Anon program can help us to resolve. If you have answered yes to some or all of the above questions, Al-Anon may help. You can contact Al-Anon by checking your local telephone directory or by writing to:



Al-Anon Family Group Headquarters, Inc.
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Telephone: 757-563-1600 Fax: 757-563-1655
 Web site: www.al-anon.org
 E-mail: wso@al-anon.org

For meeting information call:
1-888-425-2666 (1-888-4AL-ANON)
 (USA and Canada, Monday-Friday, 8 a.m.-6 p.m. ET)