

# 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](http://aa.org).

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

# A MESSAGE TO TEENAGERS...

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## HOW TO TELL WHEN DRINKING IS BECOMING A PROBLEM

A SIMPLE 12-QUESTION  
QUIZ DESIGNED TO  
HELP YOU DECIDE

recovery



1

DO YOU DRINK TO RELAX  
WHEN YOU HAVE  
PROBLEMS?



2

DO YOU  
DRINK WHEN  
YOU GET  
IRRITATED,  
FRUSTRATED,  
UNHAPPY, OR  
ANGRY?

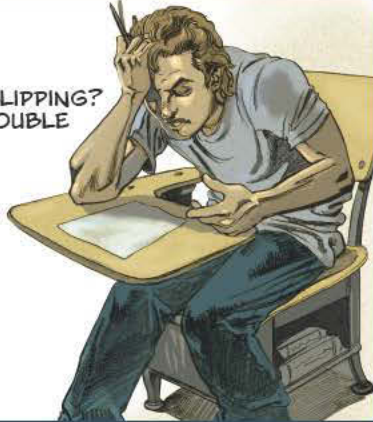


3

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?



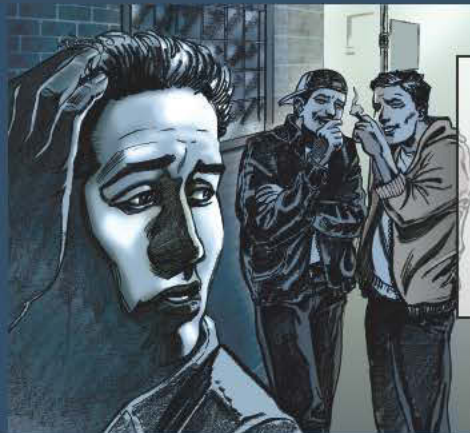
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DO YOU TAKE DRINKS  
IN THE MORNING?



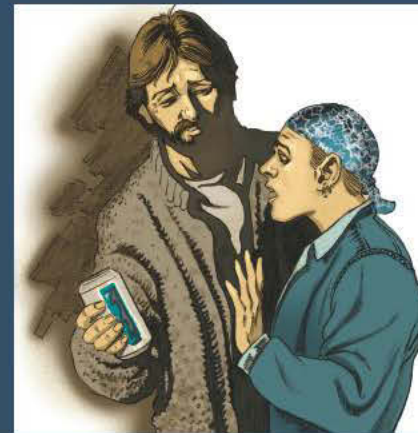
7

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  
EVER GET  
IN TROUBLE  
WHEN YOU  
DRINK?



11

DO YOU GET  
DRUNK WHEN  
YOU DRINK,  
EVEN THOUGH  
YOU DON'T  
WANT TO?



12

DO YOU THINK IT IS  
COOL TO BE ABLE  
TO DRINK A LOT?

