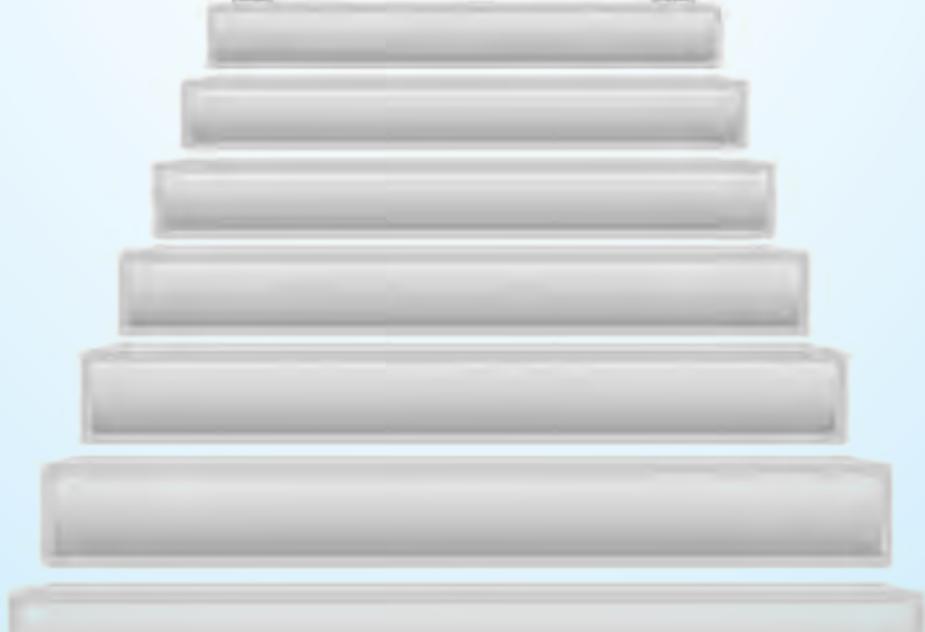


# Is **A.A.** for Me?



*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 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.

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*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.

**Yes** **No**

1. Have I tried to stop drinking for a week or so, but could not do it?
2. Have I wished people would stop talking about my drinking?
3. Have I changed drinks to try not to get drunk?
4. Do I ever need a drink to get going in the morning?
5. Do I envy people who can drink without getting into trouble?
6. Does my drinking cause problems at home?
7. Does my drinking cause problems with other people?
8. Do I try to get extra drinks?
9. Have I tried to stop drinking but still got drunk?
10. Have I missed work or cut school because of drinking?
11. Do I have blackouts — times I cannot remember?
12. Would my life be better if I quit drinking?



For more information  
look for "A.A." or  
"Alcoholics Anonymous"  
in your local telephone book,  
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](http://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: aa.org.

**BOOKS**

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

**BOOKLETS**

LIVING SOBER  
CAME TO BELIEVE  
A.A. IN PRISON: INMATE TO INMATE

**PAMPHLETS**

**Experience, Strength and Hope:**

WOMEN IN A.A.  
A.A. FOR THE BLACK AND AFRICAN-AMERICAN ALCOHOLIC  
A.A. FOR THE NATIVE NORTH AMERICAN  
YOUNG PEOPLE AND A.A.  
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE  
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  
MEMO TO AN INMATE  
IT SURE BEATS SITTING IN A CELL  
(An illustrated pamphlet for inmates)

**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  
THE TWELVE STEPS ILLUSTRATED  
THE TWELVE TRADITIONS ILLUSTRATED  
THE TWELVE CONCEPTS 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?  
MEMBERS OF THE CLERGY ASK ABOUT A.A.  
A.A. MEMBERSHIP SURVEY  
A MEMBER'S-EYE VIEW OF ALCOHOLICS ANONYMOUS

**VIDEOS** (available on aa.org)

A.A. VIDEOS FOR YOUNG PEOPLE  
HOPE: ALCOHOLICS ANONYMOUS  
A NEW FREEDOM  
CARRYING THE MESSAGE BEHIND THESE WALLS

**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)  
LA VIÑA (bimonthly, in Spanish)

# 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.

