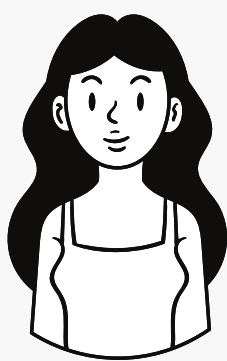


Is Alanon for me?

The Following Questions will help you decide whether or not Al-Anon is for you.

If someone close to you , such as a family member or a friend coworker or neighbor, has or has had a drinking problem

- Do you worry about how much someone else drinks?
- Do you have money problems because of someone else's drinking?
- Do you tell lies to cover up someone else's drinking?
- Do you feel that if the drinker cared about you , he or she would stop drinking to please you?
- Do you blame the drinkers' behavior on his or her companions?
- Are plans frequently upset or canceled or meals delayed because of the drinker?
- Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
- Do you secretly try to smell the drinkers breath?
- Are you afraid to upset someone for fear it will set off a drinking bout?
- Have you been hurt or embarrassed by a drinker's behavior?
- Are holidays and gatherings spoiled because of drinking?
- Have you considered calling the police for help in fear of abuse?
- Do you search for hidden alcohol?
- Do you ever ride in a car with a driver who has been drinking?
- Have you refused social invitations out of fear of anxiety?
- Do you feel like a failure because you can't control the drinking?
- Do you think that if the drinker stopped drinking, your other problems would be solved?
- Do you ever threaten to hurt yourself to scare the drinker?
- Do you feel angry, confused, or depressed most of the time?
- Do you feel there is no one who understands your problems?



If you answered yes to any of these questions, then alanon might be helpful

You can find a meeting in your area by going to [FIND A MEETING](#), or call our HOTLINE NUMBER 760-980-7988

Alanon's program of recovery is adapted from Alcoholics Anonymous and is based upon the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

Newcomers to Al-Anon are often interested in learning from members whose personal situations most closely resemble theirs. After attending Al-Anon meetings, they begin to understand how much they have in common with everyone affected by someone else's drinking, regardless of the specific details of their personal situation.

