

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

a Message to Teenagers...

How to tell
when drinking
is becoming
a problem

A Simple 12-question Quiz
designed To Help You Decide

A L C O H O L I S M

Alcoholism is a rough word to deal with.

Yet nobody is too young (or too old) to have trouble with booze.

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 you drinking, call us. We're in the phone book under Alcoholics Anonymous.



1 Do you drink because you have problems? To relax?



4 Are your grades starting to slip? Are you goofing off on your job?



7 Do you gulp your drinks?



10 Do you ever get into trouble when you're drinking?



2 Do you drink when you get mad at other people, your friends or parents?



5 Did you ever try to stop drinking or drink less – and fail?



8 Do you ever have loss of memory due to your drinking?



11 Do you get drunk when you drink, even when you don't mean to?



3 Do you prefer to drink alone, rather than with others?



6 Have you begun to drink in the morning, before school or work?



9 Do you lie about your drinking?



12 Do you think it's cool to be able to hold your liquor?

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.

*Copyright © by The A.A. Grapevine, Inc.;
reprinted with permission*

Copyright © 1988 by
A.A. World Services, Inc.
P.O. Box 459
Grand Central Station
New York, NY 10163

www.aa.org

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