

## ▲Are You Troubled by Someone's Drinking?

The following twenty questions can help you decide whether or not Al-Anon may be for you. Check the questions that you can identify with. This is a confidential questionnaire, Al-Anon and Alateen are anonymous and no user tracking information is collected by this web site.

Yes

- 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 cared about 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?
- 14. Do you ever 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 feel like a failure because you can't control the drinking?
- 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 answered yes to any of these questions,  
Al-Anon or Alateen may be able to help you.**

You can contact Al-Anon or Alateen in South Baldwin County and surrounding areas by calling the Al-Anon Information Center at 251-???-????.

"Are You Troubled By Someone's Drinking (S-17)" is reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA  
Copyright Al-Anon Family Group Headquarters, Inc. ©1980