

♣Did You Grow Up with a Problem Drinker?

Alcoholism is a family disease. Those of us who have lived with this disease as children sometimes have problems which the Al-Anon program can help us to resolve. If someone close to you has, or has had, a drinking problem, the following questions may help you in determining whether alcoholism affected your childhood or present life. 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 constantly seek approval and affirmation?
- 2. Do you fail to recognize your accomplishments?
- 3. Do you fear criticism?
- 4. Do you over extend yourself?
- 5. Have you had problems with your own compulsive behavior?
- 6. Do you have a need for perfection?
- 7. Are you uneasy when your life is going smoothly, continually anticipating problems?
- 8. Do you feel more alive in the midst of a crisis?
- 9. Do you still feel responsible for others, as you did for the problem drinker in your life?
- 10. Do you care for others easily, yet find it difficult to care for yourself?
- 11. Do you isolate yourself from other people?
- 12. Do you respond with fear to authority figures and angry people?
- 13. Do you feel that individuals and society in general are taking advantage of you?
- 14. Do you have trouble with intimate relationships?
- 15. Do you confuse pity with love, as you did with the problem drinker?
- 16. Do you attract and/or seek people who tend to be compulsive and abusive?
- 17. Do you cling to relationships because you are afraid of being alone?
- 18. Do you mistrust your own feelings and the feelings expressed by others?
- 19. Do you find it difficult to identify and express your emotions?
- 20. Do you think parental drinking may have affected you?

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-???-????.

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