

A Message to Teenagers...

How to tell when drinking is becoming a problem

A simple 12-question quiz to help you decide



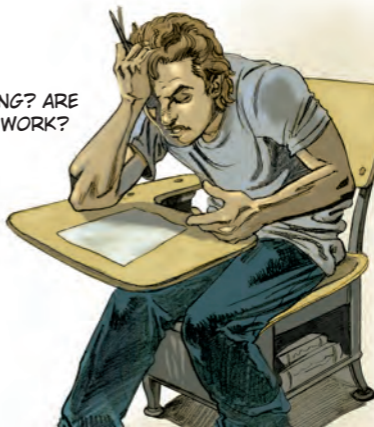
1

DO YOU DRINK TO RELAX
WHEN YOU HAVE
PROBLEMS?



4

ARE YOUR GRADES SLIPPING? ARE
YOU HAVING TROUBLE AT WORK?



7

DO YOU GUZZLE YOUR
DRINKS?



10

DO YOU EVER
GET IN TROUBLE
WHEN YOU
DRINK?



2

DO YOU DRINK
WHEN YOU
GET IRRITATED,
FRUSTRATED,
UNHAPPY, OR
ANGRY?



5

DO YOU EVER
TRY TO STOP
DRINKING, OR
DRINK LESS,
AND FAIL?



8

HAVE YOU EVER
FORGOTTEN
WHAT
HAPPENED
WHEN
YOU WERE
DRINKING?



11

DO YOU GET
DRUNK WHEN
YOU DRINK,
EVEN
THOUGH YOU
DON'T WANT TO?



3

DO YOU PREFER
TO DRINK
ALONE?



6

DO YOU TAKE DRINKS IN THE
MORNING?



9

DO YOU EVER
LIE ABOUT YOUR
DRINKING?



12

DO YOU THINK IT IS COOL
TO BE ABLE TO DRINK A
LOT?



ALCOHOLISM

Alcoholism is a rough word to deal with.

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

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 your drinking, call us. A.A. — it works. Check your phonebook, newspaper or aa.org.

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 AA Grapevine, Inc.;
reprinted with permission.*

Copyright © 2017
by Alcoholics Anonymous World Services, Inc.

All rights reserved.

Box 459
Grand Central Station
New York, NY 10163

www.aa.org

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