FOR CALGARY

www.calgaryaa.org (403) 777-1212 (24 hr line) centraloffice a calgary aa. org

What's your score?

truth about themselves — the hard way. have said so for many years. They found out the we say this? Because thousands of people in A.A. you are probably in trouble with alcohol. Why do Did you answer YES four or more times? If so

subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves A.A. is for you. Try to keep an open mind on the

alcohol, we found that life became much more cannot be a tenth one. And when we got rid of from that "first drink." If there is no first one, there without drinking "one day at a time." We stay away But we can show you how we are learning to live A.A. does not promise to solve your life's problems.

But again, only you can decide whether you think

A Declaration of Unity

To place our common welfare first; This we owe to A.A.'s future: For on A.A. unity depend our lives, To keep our fellowship united. And the lives of those to come.

ONLY YOU
CAN ANSWER

QUESTIONS

IS A.A. FOR YOU?

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

am responsible...

Alcoholics Anonymous World Services, Inc. P.O. Box 459

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And for that: I am responsible. reaches out for help, I want the hand of A.A. always to be there. When anyone, anywhere,

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Is A.A. for You?

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A.A. a try — whether you think it can help you. Only you can decide whether you want to give

of guilt and loneliness and hopelessness that we sick. (We thought so for years!) We found out admit that we could never drink safely. Then we up trying to control our drinking. We still hated to because we had the disease of alcoholism. did. We found out that we had these feelings that many people suffered from the same feelings heard from other A.A. members that we were We who are in A.A. came because we finally gave

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there is no disgrace in facing up to the fact that with our drinking. See how you do. Remember, tried to answer honestly. If we answered YES to done to us. Here are some of the questions we you have a problem tour or more questions, we were in deep trouble We decided to try to face up to what alcohol had

	today." (If you do not not get drunk today.)	promises to ours We could not ke	for a couple of days? Most of us in A.A. n	1 Have you ever ing for a week
ilI mould mind their	today." (If you do not drink today, you cannot get drunk today.)	promises to ourselves and to our families. We could not keep them. Then we came to A. A. A. said: " <i>lust try not to drink</i>	for a couple of days? Most of us in A.A. made all kinds of	Have you ever decided to stop drink- [ing for a week or so, but only lasted

Yes

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stopped. We will be glad to help you, if
ing, the trouble we got into, and how we
thing. We just talk about our own drink-
In A.A. we do not tell anyone to do any-
stop telling you what to do?
own business about your drinking —
Do you wish people would mind their

weekends. You name it, we tried it. But if usually got drunk eventually. we drank anything with alcohol in it, we did not drink cocktails. Or only drank on drinks weak. Or just drank beer. Or we We tried all kinds of ways. We made our

upon awakening during the past Have you had to have an eye-opener

10 Have you missed days of work or

we came into A. A., we found out that once that we drank because we wanted to. After

we started to drink, we couldn't stop.

school because of drinking!

Many of us admit now that we "called in

sick" lots of times when the truth was that

we were hungover or on a drunk

stop shaking? This is a pretty sure sign that you are not drinking "socially." Do you need a drink to get started, or to

11 Do you have "blackouts"?

remember. When we came to A.A., we ing hours or days which we cannot A "blackout" is when we have been drink-

found out that this is a pretty sure sign of

G At one time or another, most of us have Do you envy people who can drink without getting into trouble?

alcoholic drinking.

wondered why we were not like most peo-

12 Have you ever felt that your life

ple, who really can take it or leave it.

Have you had problems connected only hope is to stop drinking. institution for the rest of your life. The Eventually, you will die, or end up in an problem with alcohol and keep on drink-Be honest! Doctors say that if you have a with drinking during the past year? ing, it will get worse — never better.

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ing made life seem better, at least for a

Many of us started to drink because drinkwould be better if you did not drink?

while. By the time we got into A.A., we felt

ing to drink. We were sick and tired of trapped. We were drinking to live and liv-

being sick and tired.

ed to stop drink- □ , but only lasted		7	Has your drinking caused trouble \(\square\) at home?	U	
nade all kinds of and to our families. em. Then we came st try not to drink rink today, you can-			Before we came into A. A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.		
would mind their your drinking— t to do? anyone to do anyout our own drink- t into, and how we glad to help you, if		ω	Do you ever try to get "extra" drinks at a party because you do not get enough? Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go some place else to get more.		
tched from one O other in the hope ep you from get-		ø	Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to? Many of us kidded ourselves into thinking		