

DID YOU GROW UP WITH A PROBLEM DRINKER?

Al-Anon is for families, relatives and friends whose lives have been affected by someone else's drinking. Many adults questions whether they have been affected by alcoholism. 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, and if Al-Anon is for you.

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you constantly seek approval and affirmation? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you fail to recognize your accomplishments? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you fear criticism? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you over extend yourself? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Have you had problems with your own compulsive behavior? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you have a need for perfection? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Are you uneasy when your life is going smoothly, continually anticipating problems? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you feel more alive in the midst of a crisis? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you still feel responsible for others, as you did for the problem drinker in your life? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you care for others easily, yet find it difficult to care for yourself? |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Do you isolate yourself from other people? |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Do you respond with fear to authority figures and angry people? |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you feel that individuals and society in general are taking advantage of you? |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you have trouble with intimate relationships? |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Do you confuse pity with love, as you did with the problem drinker? |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. Do you attract and/or seek people who tend to be compulsive and abusive? |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. Do you cling to relationships because you are afraid of being alone? |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. Do you often mistrust your own feelings and the feelings expressed by others? |
| <input type="checkbox"/> | <input type="checkbox"/> | 19. Do you find it difficult to identify and express your emotions? |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. Do you think parental drinking may have affected you? |

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 you have answered yes to some or all of the above questions, Al-Anon may help. You can contact Al-Anon by checking your local telephone directory or by writing to Southern New York Area Al-Anon / Alateen (see "Contact Us" on our web site at www.alanonny.org).

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