Al-Anon, is it for You?

Millions of people are affected by the excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not you need Al-Anon.

Yes  No  1. Do you worry about how much the significant person in your life drinks?
Yes  No  2. Do you have money problems because of your significant person’s drinking?
Yes  No  3. Do you tell lies to cover up for your significant person’s drinking?
Yes  No  4. Do you feel your drinking is more important to your loved one than you are?
Yes  No  5. Do you think that the drinker’s behavior is caused by his or her companions?
Yes  No  6. Are mealtimes frequently delayed because of the drinker?
Yes  No  7. Do you make threats, such as, “If you don’t stop drinking I’ll leave you”?
Yes  No  8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
Yes  No  9. Are you afraid to upset your loved one for fear it will set off a drinking bout?
Yes  No  10. Have you been hurt or embarrassed by your loved one’s behavior?
Yes  No  11. Does it seem as if every holiday is spoiled because of drinking?
Yes  No  12. Have you considered calling the police because of drinking behavior?
Yes  No  13. Do you find yourself searching for hidden liquor?
Yes  No  14. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
Yes  No  15. Have you refused social invitations out of fear or anxiety?
Yes  No  16. Do you sometimes feel guilty when you think of the lengths you have gone to control the drinker?
Yes  No  17. Do you think that if the drinker stopped drinking, your other problems would be solved?
Yes  No  18. Do you ever threaten to hurt yourself to scare the drinker into saying, “I’m sorry” or “I love you”?
Yes  No  19. Do you ever treat people (children, employees, parents, co-workers, etc.) unjustly because you are angry at someone else for drinking too much?
Yes  No  20. Do you feel there is no one who understands your problems?

If you answered “Yes” to any of these questions and would like information on how to help yourself, call The Antioch Group and ask for Valerie.

Contemporary Christian Counseling and Psychological Services