

Rhode Island Area



Al-Anon Family Groups

"Hope and Help for Families and Friends of Alcoholics"

Al-Anon: 20 Questions

Al-Anon is for relatives and friends of alcoholics. Many adults question whether their lives have been affected by someone else's drinking. If someone close to you has or had a drinking problem, the following questions may help you determine whether or not you were affected by alcoholism and if Al-Anon is for you.

1. Do you worry about how much someone else drinks?
2. Do you have a money problem(s) because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?

18. Do you ever threaten to hurt yourself to scare the drinker?

19. Do you feel angry, confused, or depressed most of the time?

20. Do you feel there is no one who understands your problems?

If you answered yes to some of these questions, Al-Anon may be able to help you.

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