Has Your Life Been Affected by Someone Else's Drinking?

- Do you believe no one could possibly understand how you feel?
- Do you cover up your real feelings by pretending you don't care?
- Do you feel nobody really loves you or cares what happens to you?
- Do you tell lies to cover up for someone else's drinking or what's happening in you home?
- Do you stay out of the house as much as possible because you hate it there?
- Are you afraid or embarrassed to bring your friends home?
- Has someone else's drinking upset you?
- Are holidays and gatherings spoiled because of drinking or other's reactions to the drinking?
- Are you afraid to speak sometimes for fears it will set off a drinking bout or start another fight?
- Do you think the drinker's behavior is cause by you, other members of your family, friends of rotten breaks in life?
- Do you make threats such as, "If you don't stop drinking and fighting, I'll run away"?
- Do you make promises about behavior, such as "I'll get better grades," "go to church," or "keep my room clean" in exchange for a promise that the drinking and fighting stop?
- Do you feel that if your mom or dad loved you, she or he would stop drinking?
- Do you ever threaten or actually hurt yourself to scare you parents into saying, "I'm sorry," or "I love you"?
- Are mealtimes frequently stressful or delayed because of drinking or fighting?
- Have you considered calling the police because of the abusive behavior in your home?
- Have you refused dates because your date may find out about the drinking or fighting?
- Do you think your problems would be solved if the drinking stopped?
- Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much?

If you answered yes to any of these questions, Alateen may help you.

Al-Anon/Alateen

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