

Quick Suggestions

Don't drink.

This is the most important thing. Now that you've stopped drinking, the main problem is to not start again.

Go to meetings.

A "balanced diet" of literature, speaker, and discussion meetings is a good idea.

Listen and look for similarities rather than differences.

We are more alike than we're different in how alcohol affects us, our thoughts and feelings, and our actions.

Get phone numbers.

It's vitally important to be able to talk and share about our experiences, and to ask for help with our problems and questions.

Read the Big Book.

The book *Alcoholics Anonymous* (a.k.a. "the Big Book") is the basic text of our fellowship, and contains our program of recovery.

Get a sponsor.

A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the AA program. *Do not delay.* Alcoholics recovered in AA want to share what they have learned with other alcoholics. We know from experience that our own sobriety is strengthened when we give it away!

Work the 12 Steps.

Your sponsor helps you work the Steps, based on how he/she worked the Steps.

Share your experience, strength, and hope with other alcoholics.

This is what we call "carrying the message."

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide. No one in AA will tell you whether you are or not.

What can I do if I am worried about my drinking?

Seek help. Alcoholics Anonymous can help.

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt – most of us successfully – to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in AA.

If I go to an AA meeting, does that commit me to anything?

No. AA does not keep membership files, or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

How can this help me with my drinking problem?

We in AA know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Is AA a religious organization?

No. Nor is it allied with any religious organization.

There's a lot of talk about God, though, isn't there?

The majority of AA members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves.

However, everyone defines this power as he or she wishes. Many people call it God, others think it is the AA group, still others don't believe in it at all.

There is room in AA for people of all shades of belief and nonbelief.