Weekly Meeting Schedule

Someone Else's Drinking

Al-Anon and Alateen **Family Groups Can Help**

Is Al-Anon for You?

- 1. Do you worry about how much someone else drinks?
- 2. Do you constantly seek approval and affirmation?
- 3. Do you tell lies to cover up for someone else's drinking?
- 4. Do you fail to recognize your accomplishments?
- 5. Are you afraid to upset someone for fear it will set off a drinking bout?
- 6. Do you fear criticism?
- 7. Do you overextend yourself?
- 8. Have you had problems with your own compulsive behavior?
- 9. Do you have a need for perfection?
- 10. Are you uneasy when your life is going smoothly, continually anticipating problems?

If You Are Concerned About

Names and Telephone Numbers (members you may wish to contact between meetings)

Concord, CA 94522-0416 P. O. Box 416 Southern, Central and Eastern Contra Costa County **SAUOAÐ YJIMA**A NONA-JA **NORTHERN CALIFORNIA DISTRICT 14 AFG**

Website: AlonContraCosta.org

∣ouٍedsə u∃ **ΑΝΕΑΝΟΝ ΕΑST ΒΑΥ SPANISH INTERGROUP** (925) 932-6770

Website: AlanonTrivalley.org Parts of Danville and San Ramon Livermore, Pleasanton, Dublin, and **81 TOIATRID SAUOAD Y JIMAA NONA-JA** (925) 334-2040

Berkeley and West Contra Costa County **AL-ANON FAMILY GROUPS DISTRICT 26**

1997-772 (329)

6754-828 (018) Website: Al-AnonByTheBay.org

(916) 334-2970 Website: sacramento-al-anon.org/ Greater Sacramento area 01-9 STOIATRID SAUOAD YJIMAA NONA-JA

Website: NCWSA.org AREA (NCWSA) of AI-Anon Family Groups **ΙΟΡΤΗΕRΝ CALIFORNIA WORLD SERVICE**

Website: Al-Anon.org (888) 425-2666 NONA-JA4-888-1 sbansO & .2.U Meeting Information FOR AL-ANON & ALATEEN **MORLD SERVICE OFFICE** .on Family Group Headquarters, Inc.

following information numbers are listed. In the spirit of cooperation, rather than affiliation, the

(310) 234-8188 squoið ylims I NONA-AAN (925) 685-4357 Narcotics Anonymous 4203-103 (2034 Cocaine Anonymous (510) 839-8900 Alcoholics Anonymous

7222-21C (000) STAND! For Families Free of Violence 0628-726 (013) suomynonA snsujinsM

> the alcoholic. of inequality and encouragement to tamilies of alcoholics, and by giving welcoming and giving comfort to practicing the Twelve Steps, by families of alcoholics. We do this by dlah of :asoqruq ano tud seh nonA-IA

> > σωυ κοιπυταιχ contributions

sti nguorit gnitroqque-fles si nonA-IA

I here are no dues for membership.

endorses nor opposes any cause.

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organization, or institution; does not

(Viting leophical entry)

Al-Anon is not allied with any sect,

attitudes can aid recovery.

begnedo tedt bne seanli vlimet e si

problems. We believe that alcoholism

order to solve their common

experience, strength, and hope in

alcoholics who share their

to sbnahit bne savitelatives and triends of

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can help you see the whole situation clearly.

with AI-Anon members. They're the people who

meetings when you can. Attend Al-Anon meetings AA neqo of oo. Go to open to me. Go to open AA

Above all, do learn all you can about alcoholism

an automatic escape for the consequences of my

have a drinking problem as long as you provide

avert or reduce the very crisis that would prompt

me, pay my bills, or meet my obligations. It may

Don't cover up for me or try in any way to spare

me the consequences of my drinking. Don't lie for

in any way. Love cannot exist for long without the

Don't let me take advantage of you or exploit you

Moreover, I'm likely to lose respect for those I can

Don't believe everything I tell you: It may be a lie.

Don't make empty threats. Once you have made

Don't accept my promises. I'll promise anything to

to assume them permanent. My sense of guilt will

assume my responsibilities, you make my failure

into doing what I ought to do for myself. If you

Don't let your love and anxiety for me lead you

had opinion about myself. I hate myself enough

Don't let me provoke your anger. If you attack me

Don't pour out my liquor: it's just a waste because

Don't lecture, blame, or scold me. You wouldn't be

SPEAKS TO HIS FAMILY

THE ALCOHOLIC

λειραιλ οι byλειcally, you will only confirm my

I can always find ways of getting more.

I am an alcoholic. I need your help.

angry at me for having cancer or diabetes.

Alcoholism is a disease too.

ριενεπές πε from keeping my promises, ενεπ

get off the hook. But the nature of my illness

be increased, and you will feel resentful.

Denial of reality is a symptom of my illness.

me to seek help. I can continue to deny that I

regularly, read the literature and keep in touch

Your alcoholic.

πολ θλοι Ι

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dimension of justice.

a decision, stick to it.

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Updated November 2024



Al-Anon Family Groups (AFG) for families and friends of alcoholics

Northern California District 14 AFG

Southern, Central, and Eastern Contra Costa County

For help and more information: (925) 932-6770

Website: al-anoncontracosta.org

For Al-Anon/Alateen literature or additional meeting schedules: (925) 274-3203

11. Do you feel more alive in the midst of a crisis?

- 12. Do you ever ride in a car with a driver who has been drinking?
- 13. Do you care for others easily, yet find it difficult to care for yourself?
- 14. Do you isolate yourself from other people?
- 15. Do you respond with fear to authority figures and angry people?
- 16. Do you secretly try to smell the drinker's breath or search for hidden alcohol?
- 17. Do you have trouble with intimate relationships?
- 18. Do you attract and/or seek people who tend to be compulsive and/or abusive?
- 19. Do you cling to relationships because you are afraid of being alone?
- 20. Do you find it difficult to identify and express your emotions?

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