

Frequently Asked Questions

Thank you for contacting us.

If drinking is costing you more than money, you have already taken a big step in moving away from that problem and finding a solution.

In the rest of this letter you will find the answers to some questions you may be asking yourself. If you want more information, don't hesitate to get back in touch.

We will be pleased to hear from you.

That sounds a bit like sales-talk doesn't it? You may be asking yourself "what do they get out of this" Well - We are alcoholics and we don't have to take a drink today.

Part of our recovery from alcoholism is to help other people to get better.

So you see, in helping you, we are helping our selves.

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, or if you get into trouble when you drink you maybe 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 sorts of trouble as a result of drink. We attempt, most of us -successfully, to create a satisfactory way of life without alcohol. For this 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 keeps no membership files, or attendance records. You need disclose nothing about yourself. No one will bother you if you don't want to comeback.

What happens if I meet people I know in AA?

They will be there for the same reason as you. They will not reveal your identity to outsiders. At AA you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an AA meeting?

An AA meeting may take one of several forms, but at any meeting you will find-alcoholics talking about what drink did to their lives and personalities; what action they took to deal with this & how they are living their lives today.

How can this help me with my drink 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 recovered ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do you keep on going to meetings after you are cured?

We in the Fellowship of AA believe there is no such thing as a cure for alcoholism. We can never return to normal drinking and our ability to stay away from alcohol depends on maintaining our physical, mental and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

How do I join AA?

You are an AA member if and when you say so.

The only requirement for AA membership is a desire to stop drinking; many of us weren't very wholehearted about that, when we first approached AA!

How much does AA membership cost?

There are no dues or fees for AA membership. An AA group will usually have a collection during the meeting to cover running expenses, such as rent, coffee, etc, and to this all members are free to contribute as much or as little as they wish.

Is AA a religious organisation?

No. Nor is it allied to any religious organisation.

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 drink 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 collective therapy of AA; others refuse to believe in it at all. There is room in AA for people of all shades of belief and non-belief.

Can I bring my family to an AA meeting?

Family members or close friends are welcome at 'open' AA meetings - discuss this with your local contact.

What advice, do you give to new members?

In our experience the people who recover- in AA are those who:

- 1 Stay away from the first drink.
- 2 Attend AA meetings regularly
- 3 Seek out the people in AA who have successfully stayed sober for some time
- 4 Try to put into practice the AA programme of recovery

How can I contact AA?

You will have received this letter from the Bristol office of AA - if you would like to contact us again please ring 0117 926 5520 or if you have been handed this by someone else you can phone the National helpline number on 0845 769 7555.

A.A. Pledge

**When anyone, anywhere, reaches out for help,
I want the hand of A.A always to be there.
For that: I am responsible.**

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