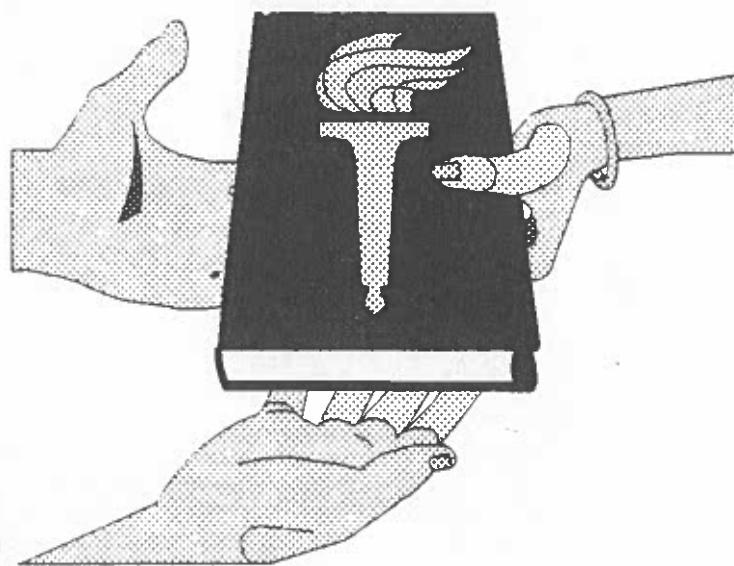
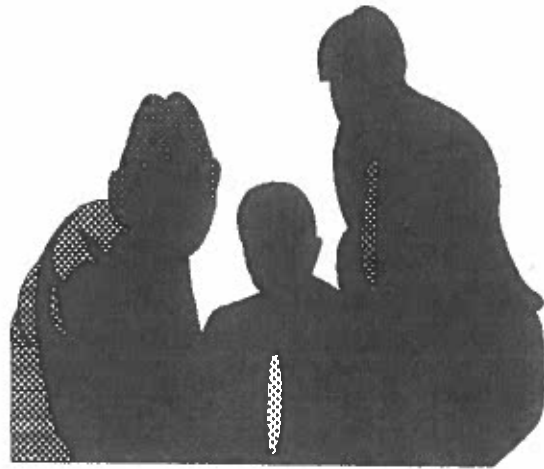


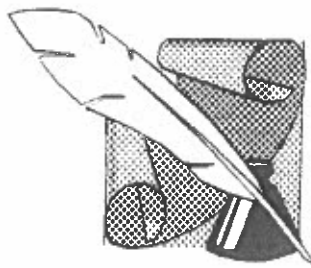
# THE FIRST STEP



## CORNERSTONE OF RECOVERY



This Instructional Booklet is  
dedicated to my mother and father.  
Thank you for introducing me to  
the way, the truth, and the life!



## FROM THE PEN OF ABERCROMBIE & ASSOCIATES

---

Dear Friend,

Congratulations for taking responsibility for your own destiny and taking the first step on the **Road to Recovery**.

If the following exercises indicates that you do not have a problem with alcohol, consider yourself very lucky. Statistics show that one out of every 10 individuals who drink become alcoholic.

However, if the following exercises reveal otherwise, you must not get discouraged but rather get motivated to change your lifestyle.

Changing your lifestyle will not be easy, it will take determination, dedication, and desire. Your new journey will consist of successes and setbacks, it will be filled with joy and pain, nonetheless, you must continue the struggle.-

*"For where there is no struggle, there is no progress."*

You are now at the crossroad of your life, you can be whatever you want to be. The choice is yours. The past is now behind you. Your future can begin today!

TAKE CHARGE!    TAKE COMMAND!    TAKE CONTROL!

Sincerely,

Abercrombie & Associates

THE FIRST STEP  
CORNERSTONE OF RECOVERY

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# ALCOHOLIC OR SOCIAL DRINKER?



A number of recent studies have shown that "paper and pencil" tests identify alcoholic drinkers more consistently and more accurately than laboratory tests. It seems that laboratory tests aren't sensitive enough to catch all cases. Those who had passed their lab tests, but showed no signs of alcoholism on their written tests, were checked again. Almost invariably the written test proved correct.

To ensure the validity and reliability of your test results, make sure that you answer all the questions honestly and to the best of your ability.

# INSTRUCTIONS

STEP I     Take test #1

STEP II    Take test #2 - The John Hopkins Twenty Questions:  
Are You An Alcoholic?

Before individuals who are alcoholic can be treated, there must be some recognition that a problem exists.

Probably the most widely used screening device for alcoholism is the Twenty-Questions List, originally developed at Johns Hopkins University Hospital in Baltimore, Maryland. The Twenty-Questions instrument is intended for use as a self-assessment questionnaire to determine the degree of one's alcohol use or involvement.

STEP III.   Take test #3 - The Adolescent Alcohol Involvement Scale

The Adolescent Alcohol Involvement Scale was developed, at the Rutgers Center for Alcohol Studies in 1979, to use with teenagers to account for variations in use and its effects on the individual resulting from a shorter history of drinking. This instrument takes into consideration that adolescent drinking involves a higher degree of "sneaking around," and therefore questions the individual regarding the methods by which the person acquires his or her alcohol, as well as who he or she drinks with. This scale is a very effective screening instrument.

STEP IV    Take Action!

# TEST #1

## ONE QUESTION

1. Do you continue to drink alcohol, despite the problems that it causes in your LIFE?

\_\_\_\_\_ YES

\_\_\_\_\_ NO

Addiction to alcohol does not depend on how frequently or how much a person drinks. Rather, a person is seen as and alcoholic if he or she continues to drink in spite of the fact that drinking alcohol causes problems in the individual's life.

If you answer "YES" to the above question, you are probably alcoholic.

# TEST #2

## JOHN HOPKINS MEDICAL INSTITUTION'S TEST FOR ALCOHOLISM

	YES	NO
1. Do you lose time from work due to drinking?	—	—
2. Is drinking making your home life unhappy?	—	—
3. Do you drink because you are shy with others?	—	—
4. Is drinking affecting your reputation?	—	—
5. Have you ever felt remorse after drinking?	—	—
6. Have you gotten into financial difficulties as a result of drinking?	—	—
7. Does your drinking make you careless of your family's welfare?	—	—
8. Has your ambition decreased since drinking?	—	—
9. Do you crave a drink at a definite time daily?	—	—
10. Do you want a drink the next morning?	—	—
11. Does drinking cause you difficulty in sleeping?	—	—
12. Has your efficiency decreased since drinking?	—	—
13. Is drinking jeopardizing your job or business?	—	—



CONTINUE...

## TEST #2

# JOHN HOPKINS MEDICAL INSTITUTION'S TEST FOR ALCOHOLISM

	YES	NO
14. Do you turn to lower companions and an inferior environment when drinking?	—	—
15. Do you drink to escape from worries or trouble?	—	—
16. Do you drink alone?	—	—
17. Have you ever had a complete loss of memory as a result of drinking?	—	—
18. Has your physician ever treated you for drinking?	—	—
19. Do you drink to build up your self-confidence?	—	—
20. Have you ever been to a hospital or institution due to your drinking?	—	—

•Source: John Hopkins University Hospital

CONTINUE...

## TEST #2 ALCOHOLIC OR NOT

If you have answered "yes" to any one of the questions, there is a definite warning that you may be alcoholic.

If you have answered "yes" to any two, the chances are that you are an alcoholic. If you have answered "yes" to three or more, you are definitely an alcoholic.

• Source: John Hopkins University Hospital

# TEST #3

## ADOLESCENT ALCOHOL INVOLVEMENT SCALE

1. How often do you drink?
  - a. never
  - b. once or twice a year
  - c. once or twice a month
  - d. every weekend
  - e. several times a week
  - f. every day
2. When did you have your last drink?
  - a. never drank
  - b. not for over a year
  - c. between 6 months and 1 year ago
  - d. several weeks ago
  - e. last week
  - f. today
3. I usually start to drink because:
  - a. I like the taste
  - b. to be like my friends
  - c. to feel like an adult
  - d. I feel nervous, tense, full of worries or problems
  - e. I feel sad, lonely, sorry for myself
4. What do you drink?
  - a. wine
  - b. beer
  - c. mixed drinks
  - d. hard liquor
  - e. a substitute for alcohol-paint thinner, sterno, cough medicine, mouthwash, hair tonic, etc.

CONTINUE...

## TEST #3

# ADOLESCENT ALCOHOL INVOLVEMENT SCALE

5. How do you get your drink?
  - a. supervised by parents or relatives
  - b. from brothers or sisters
  - c. from home without parents' knowledge
  - d. from friends
  - e. buy it with false identification
6. When did you take your first drink?
  - a. never
  - b. recently
  - c. after age 15
  - d. at age 14 or 15
  - e. before age 10
7. What time of day do you usually drink?
  - a. with meals
  - b. at night
  - c. afternoons
  - d. mostly in the morning or when I first awake
  - e. I often get up during my sleep and drink
8. Why did you take your first drink?
  - a. curiosity
  - b. parents or relatives offered
  - c. friends encouraged me
  - d. to feel more like an adult
  - e. to get drunk or high
9. How much do you drink, when you do drink?
  - a. 1 drink
  - b. 2 drinks
  - c. 3-6 drinks
  - d. 6 or more drinks
  - e. until "high" or drunk

CONTINUE...

## TEST #3

10. Whom do you drink with?
  - a. parents or relatives only
  - b. with brothers and sisters only
  - c. with friends own age
  - d. with older friends
  - e. alone
11. What is the greatest effect you have had from alcohol?
  - a. loose, easy feeling
  - b. moderately "high"
  - c. drunk
  - d. became ill
  - e. passed out
  - f. was drinking heavily and the next day didn't remember what happened
12. What is the greatest effect drinking has had on your life?
  - a. none-no effect
  - b. has interfered with talking to someone
  - c. has prevented me from having a good time
  - d. has interfered with my school work
  - e. have lost friends because of drinking
  - f. has gotten me into trouble at home
  - g. was in a fight or destroyed property
  - h. has resulted in an accident, an injury, arrest, or being punished at school for drinking
13. How do you feel about drinking?
  - a. no problem at all
  - b. I can control it and set limits on myself
  - c. I can control myself, but my friends easily influence me
  - d. I often feel bad about my drinking
  - e. I need help to control myself
  - f. I have had professional help to control my drinking
14. How do others see you?
  - a. can't say, or a normal drinker for my age
  - b. when I drink I tend to neglect my family or friends
  - c. my family or friends advise me to control or cut down on my drinking
  - d. my family or friends tell me to get help for my drinking
  - e. my family or friends have already gone for help for my drinking

# TEST #3

## HOW DID YOU DO?



### SCORING INSTRUCTION:

The highest total score is 79.

An "a" response is scored 1(except on question 1,2,6,12,13,  
and 14 on which a=0; b=2; c=3; and so on to h=8.)

When more than one response is made, the one with the higher or highest  
score is used.

An unanswered question is scored 0.

### RESULTS:

42-57 "Alcohol Misuse"

58-79 "Alcoholic-like drinkers"

•Source: Rutgers Center of Alcoholic Studies

# TAKE ACTION!

If any of the previous tests indicates that you have a problem with alcohol, it is suggested that you consult a physician. Make sure that the doctor you select is certified by the American Society of Addiction Medicine (ASAM) or the American Academy of Psychiatrists in Alcoholism and Addiction (AAPAA).

It is also highly recommended that you get involved with a self-help support group. A self-help group is a group of individuals, with a common goal, who come together to share common experiences. Self-help groups provide an accepting environment of social support. Because of self-help groups, people no longer have to suffer in isolation or cope with their problems alone!

On the next page is a list of some self-help groups designed to assist alcoholics and their families.

# SELF-HELP ORGANIZATION

## A.A. (Alcoholics Anonymous) World Services, Inc.

94,000 groups. Founded 1935. Fellowship sharing experience, strength and hope with each other so they may solve their common problem and help others achieve sobriety. A.A.'s sole purpose is to help the sick alcoholic recover through the 12 steps of A.A. A.A.'s literature is interpretive of the A.A. program, not the general subject of alcoholism. Write:

General Service Office, A.A. World Services Inc.,  
475 Riverside Dr., 11th Fl., New York, NY 10115.

- For local meeting information look up A.A. in your phone book or newspaper.

## Adult Children of Alcoholics World Service Organization

1800 + meetings. Founded 1976. A 12-step program of discovery and recovery for adults who realize that the characteristics which allowed them to survive as children in an alcoholic dysfunctional home now prevent them from fully experiencing life. Group development guidelines. Newsletter. Write:

ACA P.O. Box 3216, Torrance, CA 90510.  
Call 310-534-1815

## Al-Anon Family Groups

3200 + groups. Founded 1951. Fellowship of men, women, children, and adult children whose lives have been affected by the compulsive drinking of a family member or friend. Follows the 12 -steps adopted from A.A. Guidelines for starting groups. Literature available in 29 Languages. Write:

P.O. Box 862 Midtown Station, New York, NY 10018-6106.  
Call (meetings) 212-302-7240 or 800-344-2666  
(general) 800-356-9996



Ala-teen/Ala-preteen/Ala-tot

4100 + chapters. Founded 1957. Fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Adult member of Al-Anon serves as a sponsor for each group. Based on the 12-steps. Groups development guidelines. Literature available in 29 languages.

Call 212-302-7240 or 800-344-2666

Write: P.O. Box 862 Midtown Station New York, NY 10018-0862

## THE TWELVE STEPS OF ALCOHOLIC ANONYMOUS

1. We admitted we were powerless over alcohol-that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Source: Alcoholics Anonymous

# PERSONAL CONTRACT

I, \_\_\_\_\_ promise to stop drinking on \_\_\_\_\_. I  
promise to change my lifestyle to ensure my success.

I will apply the principles that I have learned in this instructional booklet to  
strengthen my commitment each day.

I will treat this contract as a solemn oath, my vows, my personal commitment  
to myself.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Month of April

Alcohol

Awareness

Month