

*Others say I am not an alcoholic. But my drinking seems to be getting worse. Should I join A.A.?*

Many members of A.A., during their drinking days, were assured by relatives, friends, and doctors that they were not alcoholics. The alcoholic usually adds to the problem by an unwillingness to realistically face the facts of drinking. By not being completely honest, the problem drinker makes it difficult for a doctor to provide any help. The amazing thing, in fact, is that so many doctors have been able to penetrate the typical problem drinker's deceptions and diagnose the problem correctly. It cannot be emphasized too often that the important decision — am I an alcoholic? — has to be made by the drinker. Only he or she — not the doctor, the family, or friends — can make it. But once it is made, half the battle for sobriety is won. If the question is left to others to decide, the alcoholic may be dragging out needlessly the dangers and misery of uncontrollable drinking.