

*Will A.A. help me straighten out my family troubles?*

Alcohol is frequently a complicating factor in family life, magnifying petty irritations, exposing character defects, and contributing to financial problems. Many men and women, by the time they turn to A.A., have managed to make a complete mess of their family lives. Some newcomers to A.A., suddenly aware of their own contributions to chaos, are eager and enthusiastic about making amends and resuming normal patterns of living with those closest to them. Others, with or without cause, continue to feel bitter resentments toward their families. Almost without exception, newcomers who are sincere in their approach to the A.A. recovery program are successful in mending broken family lives. The bonds that reunite the honest alcoholic with family members are often stronger than ever before. Sometimes, of course, irreparable damage has been done, and a totally new approach to family life has to be developed. But generally, the story is one with a happy ending. Experience suggests that the alcoholic who comes to A.A. solely to keep peace in the family, and not because of an honest desire to stop drinking, may have difficulty achieving sobriety. The sincere desire for sobriety should come first. Once sober, the alcoholic will find that many of the other problems of daily living can be approached realistically and with very good chance of success.