

*Why doesn't A.A. seem to work for some people?*

The answer is that A.A. will work only for those who admit that they are alcoholics, who honestly want to stop drinking — and who are able to keep those facts uppermost in their minds at all times. A.A. usually will not work for the man or woman who has reservations about whether or not he or she is an alcoholic, or who clings to the hope of being able to drink normally again. Most medical authorities say no one who is an alcoholic can ever drink normally again. The alcoholic must admit and accept this cardinal fact. Coupled with this admission and acceptance must be the desire to stop drinking. After they have been sober a while in A.A., some people tend to forget that they are alcoholics, with all that this diagnosis implies. Their sobriety makes them overconfident, and they decide to experiment with alcohol again. The results of such experiments are, for the alcoholic, completely predictable. Their drinking invariably becomes progressively worse.