a) In addition to the family, Alcoholics Anonymous (AA) also plays a role in the recovery of persons with a drinking problem. Work with your partner and discuss the ways this organization can support alcoholics.

b) Read the following text and name other AA actions than those already discussed

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Alcoholism and drug addiction are often referred to as “substance abuse” or “chemical dependency”. Alcoholics and non-alcoholics are, therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. But only those with a drinking problem may attend closed meetings or become A.A. members. People with problems other than alcoholism are eligible for A.A. membership only if they have a drinking problem. A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or ‘sponsorship’ to the alcoholic coming to A.A. from any source.

The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol. This program is discussed at A.A. group meetings, which involve: open speaker meetings, open/close discussion meetings, step meetings, meetings taken into correctional and treatment facilities and occasional informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and DW.I. (Driving While Intoxicated) programs.

Although the strength of the program lies in the voluntary nature of the membership in A.A., who made the referral to A.A. is not what A.A. is interested in. It is the problem drinker who is our concern... We cannot predict who will recover, nor have we the authority to decide how recovery should be sought by any other alcoholic.

A.A. Conference-approved literature is available in French and Spanish. The A.A. Grapevine, a monthly international journal, features many interesting stories about recovery from alcoholism written primarily by members of the A.A. It is a useful introduction and ongoing link to A.A’s diverse fellowship and wealth of recovery experience. The Spanish-language magazine, La Viña, is published bimonthly. The primary purpose of A.A. is to carry its message of recovery to the alcoholic seeking help. Almost every alcoholism treatment tries to help the alcoholic maintain sobriety. Regardless of the road we follow, we all head for the same destination, recovery of the alcoholic person. Together, we can do what none of us could accomplish alone. We can serve as a source of personal experience and can be an ongoing support system for recovering alcoholics.

c) Find in the text:

1. A definition for AA.

2. Requirements for being an AA member.

3. What AA does.

4. What AA does not do

5. Available AA literature.

d) Which of the following words could qualify AA? Why?

• Non-professional

• Political.

• Multiracial

• Supportive

• Restrictive

e) Discuss the questions and share your answers with your partners.

1. Is the information about AA useful for you? Why?
2. Do you find AA helpful? Why?
3. Can the family replace the role of AA?
4. Is AA enough for a patient’s recovery?
5. Should health professionals play an active role in AA?