



## **“BUT I’M NOT THE ONE WHO NEEDS HELP!!”**

All of us who are now members of Families Anonymous said that once ourselves. It seemed obvious to us that someone else was the one with the problems. Moreover, some of us were annoyed that our loved ones refused to accept help - or at least to stay with any programme. It came as a shock to many of us to realise that we were following the same pattern ourselves.

### **What is Families Anonymous?**

Families Anonymous is a Twelve-Step fellowship of concerned relatives and friends who have faced up to the reality of their situation and have decided to do something constructive about it. We learn best from our own experience and from the shared experience of others.

You do not have to suffer alone, there are others like you out there. In Families Anonymous we begin to understand that to be of real help to others, we must first be willing to be helped ourselves.

No dues or fees are required for membership. No last names. No forms to fill out. There are many groups in the UK and over twenty other countries around the world. For the location of a meeting in your area, please contact:

#### **Helpline**

0207 498 4680 or 0845 1200 660 (lo-cal)

#### **Email**

[office@famanon.org.uk](mailto:office@famanon.org.uk)

#### **Website**

[www.famanon.org.uk](http://www.famanon.org.uk)

Families Anonymous  
Doddington & Rollo Community Association  
Charlotte Despard Avenue, Battersea.  
London SW11 5HD

## Do You Need Families Anonymous???

A Questionnaire for the Concerned Family Member or Friend.

To answer the question above, ask yourself the following questions and answer them as honestly as you can. Fill in each blank with the name of the person who is causing you concern.

1. Do you lie awake worrying about \_\_\_\_\_?
2. Do you feel frustrated in your attempts to control \_\_\_\_\_?
3. Do you disapprove of \_\_\_\_\_'s lifestyle?
4. Do you argue with \_\_\_\_\_ about his/her friends?
5. Do you find it increasingly difficult to communicate with \_\_\_\_\_?
6. Does \_\_\_\_\_'s behaviour have you 'climbing the walls'?
7. Do you often ask 'Where have I failed?'
8. Do you feel it necessary to protect \_\_\_\_\_ because he or she is unusually sensitive?
9. Are you trying to compensate for some family misfortune - divorce, death, illness etc?
10. Are you embarrassed or ashamed to discuss your situation with a friend or relative?
11. Do you find yourself lying or covering up for \_\_\_\_\_?
12. Do you feel resentful or hostile towards \_\_\_\_\_?
13. Do you find it increasingly difficult to trust \_\_\_\_\_?
14. Do you worry about \_\_\_\_\_'s behaviour affecting other members of your family?
15. Do you blame others (e.g. spouse/friends/drug dealers) for \_\_\_\_\_'s problems?
16. Do you blame yourself?
17. Are \_\_\_\_\_'s problems starting to undermine your relationships with others? E.g. children, partner/spouse, friends, co-workers, neighbours?
18. Do you find yourself playing detective, fearful of what you'll find?
19. Do you go from place to place seeking help for \_\_\_\_\_?
20. Is concern for \_\_\_\_\_'s behaviour giving you headaches, stomachaches or heartache?

If you have answered YES to any **THREE** of these questions, this is an early warning sign.

If you have answered YES to any **FOUR** of these questions, chances are you could use some help.

If you have answered YES to **FIVE** or more, **you** are definitely in need of help.