

A painting depicting a woman with dark hair, wearing a white short-sleeved shirt and blue jeans, sitting on a wooden beach chair. She is looking off to the side with a thoughtful expression. In the background, a family consisting of a woman in a green swimsuit and two children are walking away on a sandy beach towards the ocean. The sky is blue with light clouds. The overall style is that of a classic oil or acrylic painting.

IT HAPPENED TO ALICE

HOW SHE FACED A DRINKING PROBLEM

IT HAPPENED TO ALICE-BUT IT COULD HAPPEN TO ANY WOMAN. A RICH WOMAN WITH TIME ON HER HANDS-OR A HARD-WORKING WAITRESS. A YOUNG GIRL IN A TOUGH CITY NEIGHBORHOOD-OR A HOMEMAKER IN AN ATTRACTIVE SUBURB. WHAT HAPPENED TO ALICE COULD HAPPEN TO YOUR RESPECTABLE UNMARRIED AUNT OR TO YOUR NEXT DOOR NEIGHBOR, THE ONE WITH SIX KIDS.

IT COULD EVEN HAPPEN TO YOU....

ALMOST EVERYBODY HAS SOME TROUBLE IN LIFE. BUT ALICE, LIKE THOUSANDS OF OTHER WOMEN, HAD A SPECIAL KIND OF TROUBLE. THIS IS HOW SHE FOUND A WAY OUT. THIS IS HER STORY. COULD IT BE YOUR STORY, TOO? YOU ARE THE ONLY PERSON IN THE WORLD WHO CAN ANSWER THAT QUESTION.

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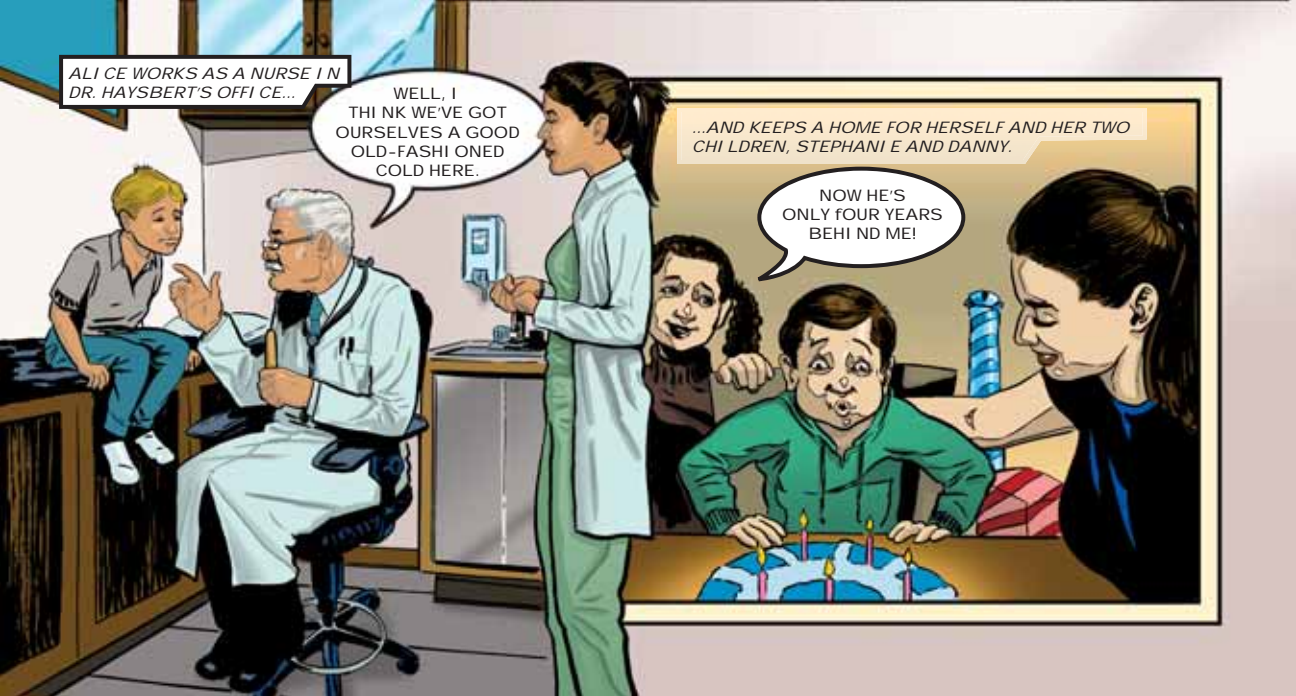
Written, illustrated and designed by Zippy Studio.

ALICE WORKS AS A NURSE IN DR. HAYSBERT'S OFFICE...

WELL, I THINK WE'VE GOT OURSELVES A GOOD OLD-FASHIONED COLD HERE.

...AND KEEPS A HOME FOR HERSELF AND HER TWO CHILDREN, STEPHANIE AND DANNY.

NOW HE'S ONLY FOUR YEARS BEHIND ME!





I'VE GOT TO
GET OUT OF DEBT BEFORE
THE CUSTODY HEARING.

...SURE, SURE.
I CAN BE IN EARLY
TOMORROW.

I'LL HAVE TO
GET SOMEONE TO TAKE THE
KIDS TO SCHOOL.




JUST ONE MORE!

I THOUGHT MOM WOULD BE HOME....

HEY, STEPHANIE - LOOK AT THIS!

OCCASIONALLY, LIFE'S PRESSURES BUILD AND ALICE CUTS LOOSE. SOMETIMES THIS CAUSES HER TO MISS IMPORTANT APPOINTMENTS.



ALI CE,
YOU KNEW
ABOUT THAT
TEACHER'S
CONFERENCE
FOR WEEKS.

I KNOW,
MOM. I T WAS
JUST TH I S ONCE,
Y'KNOW.

I JUST WENT OUT
FOR A LI T T L E F U N . I T ' S
N O T L I K E I D R I N K A T W O R K O R
A N Y T H I N G .

GET OFF
MY CASE....



WHAT ABOUT YOU, NEVER HELPI NG WI TH THE BI LLS?

LI KE MAKI NG PAYMENTS ON TI ME I S THE REAL PROBLEM HERE, ALI CE.

YOUR DRI NKI NG I S GETTI NG OUT OF HAND.

WEEKS PASS AND ALI CE'S NI GHTS OUT OCCUR MORE AND MORE FREQUENTLY.



HEY, C'MON, ALI CE. UPSI E-DAI SY.

WE CAN'T LET HER DRI VE....

I 'LL DRI VE HER HOME.



...AND HERE WE ARE.

LET'S GET YOU PUT TO BED, OK?

...MMM. THANKS...

...MMM. S' SWEET OF YOU... <giggle>

MOMMY,
UM, I T'S TI ME TO
GO TO SCHOOL.

hmmm? wha'?'
ooh, what time
is it...?

HOW
DI D I GET
HOME?

HI , STEPHEN?
YEAH, UM, WE NEED
A RI DE... UH-HUH, MY
CAR'S ACROSS
TOWN.

SI GH.
YES. YEAH, I
KNOW.

I HOPE
I 'M NOT GONNA
BE LATE....



C'MON,
KIDS. DADDY'S
GOING TO GIVE
US A RIDE.

MOMMY,
WHERE'S OUR
CAR?

IT'S, UM,
OVER AT A
FRIEND'S HOUSE.
C'MON....

I HOPE
HE DOESN'T
GIVE ME ANY
STATICS.



OVER AT
A FRIEND'S HOUSE,
HUH?

ALICE, THIS
HAS GOT TO STOP.
I AM GOING TO TALK TO MY
LAWYER ABOUT THIS BEFORE
THE CUSTODY HEARING.

KEYS, KEYS...
WHERE ARE MY DAMNED
KEYS?

OH, PLEASE,
STEPHEN, NOT
NOW....

I CAN'T BELIEVE
THIS. NOTHING LIKE
THIS HAS EVER HAPPENED
BEFORE....

THE FOLLOWING WEEK IN HER ATTORNEY'S OFFICE....

YOUR HUSBAND'S
LAWYER CALLED ABOUT
YOU LOSING YOUR
CAR...

AN INCIDENT LIKE
THIS IS PRETTY SERIOUS,
ALICE.

OH, NO,
WHO ELSE
KNOWS ABOUT
IT?

HOW
SERIOUS?

WELL, IT
CERTAINLY COULD MAKE
A MESS OF CUSTODY.

ALICE,
I KNOW
THIS IS REALLY
PERSONAL, BUT HAVE
YOU EVER THOUGHT OF
ALCOHOLICS
ANONYMOUS?

THEY HELP
AN AWFUL LOT OF
PEOPLE.

*I N THE WEEKS THAT FOLLOW, ALI CE TRI ES
TO HI DE HER ESCALATI NG DRI NKI NG PROBLEM.*



MOMMY,
YOU PROMI SED!

<GASP>



SOON, HOWEVER, HER
DRI NKI NG BECOMES
I MPOSSI BLE TO HI DE.

ALI CE,
THI S HAS TO
STOP.

I 'M TAKI NG
STEPHANI E AND
DANNY....

MOMMY?



ALONE IN HER APARTMENT, ALI CE
RECALLS HER ATTORNEY'S WORDS.

HELLO?
ALCOHOLICS
ANONYMOUS?

YES, MY
NAME'S ALI CE AND,
UH, I NEED SOME
HELP...



...ALICE ATTENDS HER FIRST A.A. MEETING.

THE FOLLOWING NIGHT...

...TAKE YOUR COAT?



ALI CE FI NDS MANY RECEPTI VE AND FRI ENDLY PEOPLE...

HELLO, MY
NAME I S DAVE.
WELCOME!

HI, MY
NAME'S
TRACY.

H-HI,
I 'M ALI CE....

WOULD
YOU LI KE
COFFEE?

...AND LEARNS ABOUT A.A.

ALCOHOLI SM
I S AN I LLNESS, AND
FOR US A.A. I S THE
SOLUTI ON.






ONLY YOU
CAN DECIDE, BUT WE WILL
ALWAYS BE THERE IF
YOU WANT US.

WE HAVE NO DUES,
AND ALL YOU REALLY NEED IS A DESIRE
TO STOP DRINKING. WE TALK ABOUT YOUR
PROBLEMS ONLY WITH YOU.



WE HELP
YOU, BECAUSE IT
HELPS US.



BE SURE TO GET LOTS OF PHONE NUMBERS. WE ARE ALWAYS HAPPY TO HEAR FROM OTHER MEMBERS.

WE'LL GIVE YOU SOME LITERATURE SO YOU CAN LEARN MORE ABOUT THE PROGRAM.



YOU MAY FIND YOURSELF HAVING AN URGE TO DRINK.



YOU JUST NEED TO CALL ONE OF YOUR A.A. FRIENDS-DAY OR NIGHT.

I N THE COMI NG WEEKS, ALI CE ATTENDS A.A. MEETI NGS REGULARLY. ONE DAY SHE SI TS DOWN TO DI SCUSS I T WI TH HER FAMI LY.

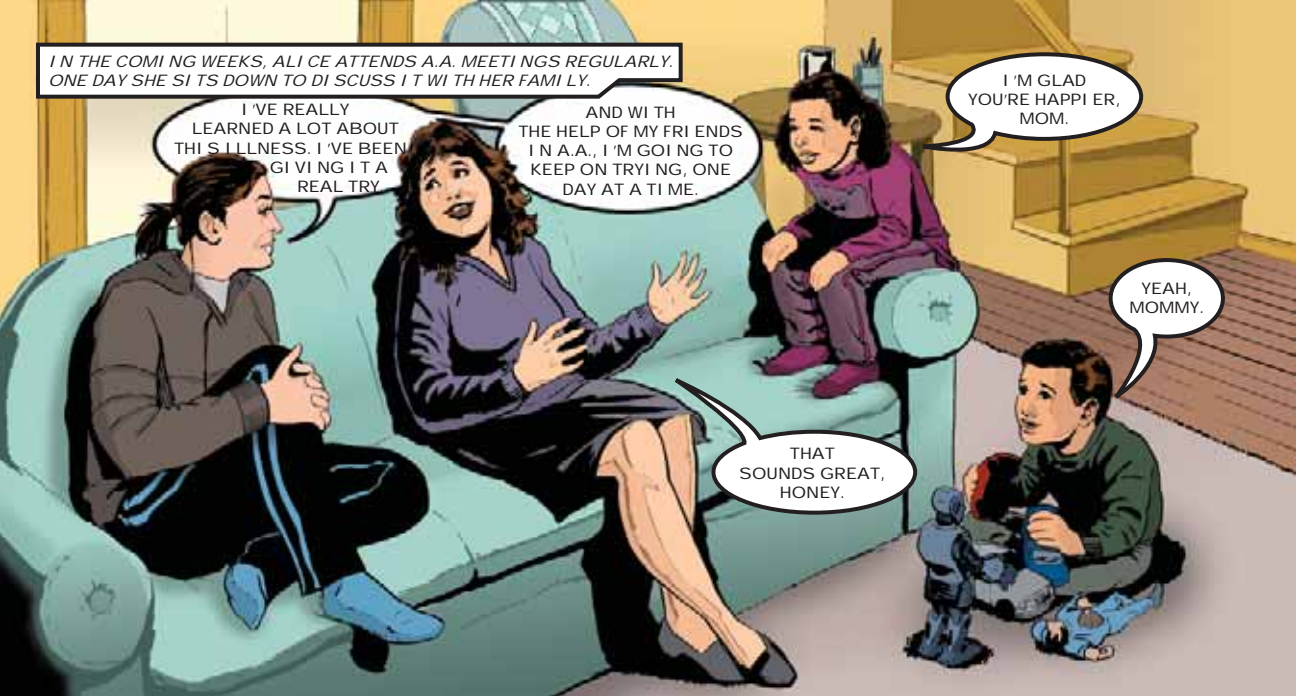
I 'VE REALLY LEARNED A LOT ABOUT THI S I LLLNESS. I 'VE BEEN GI VI NG I T A REAL TRY

AND WI TH THE HELP OF MY FRI ENDS I N A.A., I 'M GOI NG TO KEEP ON TRYI NG, ONE DAY AT A TI ME.

I 'M GLAD YOU'RE HAPPI ER, MOM.

YEAH, MOMMY.

THAT SOUNDS GREAT, HONEY.



LATER THAT SAME WEEK....



...WE'LL JUST SEE ABOUT THAT!

STEPHEN,
IF YOU'D JUST
LI STEN...



I AM
THROUGH LI STENI NG
TO YOU! I 'M COMI NG
OVER. <click>



OH, GREAT.



I JUST CAN'T HANDLE THIS.

MAYBE IF I HAVE A GLASS OF WINE, I COULD TAKE THE EDGE OFF...



OH, NO. NOPE, THAT'S JUST HOW IT STARTS.

I'M NOT HEADING THERE AGAIN. HERE'S THAT NUMBER....



PAWN? HI, IT'S ALICE FROM THE MEETING.

YEAH, YOU SAID I SHOULD CALL IF....

COULD YOU? OH, THAT'D BE GREAT.

THIRTY MINUTES LATER AT A COFFEE SHOP CLOSE BY....

...RIGHT THING TO CALL.

I MUST ADMIT I WAS A BIT NERVOUS.

I COMPLETELY UNDERSTAND. I'VE HAD THAT KIND OF NERVOUSNESS BEFORE.

LIFE'S PRESSURES AND ANXIETIES DON'T GO AWAY WHEN YOU'RE SOBER.

WHAT YOU LEARN, THOUGH, IS THAT DRINKING'S JUST THE WRONG WAY TO DEAL WITH THEM.



WHEN ALI CE RETURNS, SHE FACES HER PROBLEMS.

YEAH.
YEAH, I SEE
THAT THINGS'VE
CHANGED....



AS TIME PASSES, ALI CE FEELS MORE LIKE A MEMBER OF HER GROUP.

THESE ARE MY
CHILDREN-THE
BEST KIDS IN THE
WORLD.

THEY'RE
BEAUTIFUL....



ONE AFTERNOON THAT SPRING, ALICE GETS A CALL FROM AN OLD FRIEND.

ALICE?

DEBORAH...
HEY, WHAT'S
WRONG?

OH, I DON'T
KNOW.... SAY, COULD
YOU STOP BY?

<SOB>
I JUST CAN'T GO
ON LIVING LIKE
THIS.

DEBORAH, I WANT
YOU TO MEET SOME OF MY
NEW FRIENDS. I MET THEM AT
ALCOHOLICS ANONYMOUS. THEY
HELPED ME AND CONTINUE TO
HELP ME OVERCOME
MY ILLNESS.

<SNIFF>
I'D HEARD YOU HAD
GOTTEN BOOZE OUT OF
YOUR LIFE. DO YOU THINK
A.A. COULD HELP ME?

ONLY YOU CAN SAY THAT FOR SURE-A.A. WILL HELP YOU ONLY IF YOU WANT THEM TO HELP YOU.

BUT IT'S SOMETHING EVERYONE HAS TO DECIDE FOR HIM OR HERSELF. LET ME INTRODUCE YOU TO SOME OF MY FRIENDS. THE REST IS UP TO YOU.

DEBORAH DISCOVERS THAT A.A. IS FOR HER. LATER THAT SUMMER, SHE JOINS ALICE'S FAMILY FOR A DAY AT THE BEACH.



AND THEY BOTH TAKE THEIR RECOVERY ONE DAY AT A TIME.

CHECK UP ON YOUR OWN DRINKING

THE ANSWERS ARE NOBODY'S BUSINESS BUT YOUR OWN...

YES NO

- YES NO HAVE I TRIED TO STOP DRINKING FOR A WEEK OR SO, BUT COULD NOT DO IT?
- YES NO HAVE I WISHED PEOPLE WOULD STOP TALKING ABOUT MY DRINKING?
- YES NO HAVE I CHANGED DRINKS TO TRY NOT TO GET DRUNK?
- YES NO DO I EVER NEED A DRINK TO GET ME GOING IN THE MORNING?
- YES NO DO I ENVY PEOPLE WHO CAN DRINK WITHOUT GETTING INTO TROUBLE?
- YES NO DOES MY DRINKING CAUSE PROBLEMS AT HOME?

YES NO

- YES NO DOES MY DRINKING CAUSE PROBLEMS WITH OTHER PEOPLE?
- YES NO DO I TRY TO GET EXTRA DRINKS?
- YES NO HAVE I TRIED TO STOP DRINKING BUT STILL GOT DRUNK?
- YES NO HAVE I MISSED WORK OR CUT SCHOOL BECAUSE OF DRINKING?
- YES NO DO I HAVE BLACKOUTS-TIMES I CANNOT REMEMBER?
- YES NO WOULD MY LIFE BE BETTER IF I QUIT DRINKING?

IF YOU HAVE SEVERAL **YES** ANSWERS, CALL ALCOHOLICS ANONYMOUS.
SOME OTHER PEOPLE WHO ANSWERED **YES**, TOO, WILL
GIVE YOU SOME GREAT NEW FACTS ABOUT DRINKING.

LOOK IN YOUR TELEPHONE DIRECTORY FOR
"ALCOHOLICS ANONYMOUS," OR **"A.A."**
PHONE THEM OR GO TO THEIR ADDRESS.

OR WRITE TO:
BOX 459
GRAND CENTRAL STATION
NEW YORK, NY 10163

VISIT OUR WEBSITE AT WWW.AA.ORG

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