

WITH YOUR HELP



HE CAN BE STOPPED!

Drum Dependency is:

- A Disease
- Treatable
- Preventable



**DRUM
ABUSE
CAN
BE
STOPPED**
It's Up To You!



A Public Service of:

The American Pseudo-Illuminati-
a non-profit organization dedicated to
making life better for every single person in
the entire world regardless of race, creed, color,
physical handicap, mental state, social dysfunction,
sexual preference, genital orientation, choice of
intoxicant, choice of deit(ies), political viewpoint,
location of residence, personal odor or musical taste.

"We're not who you think you are"

DRUM ABUSE



**Now You Can Do More
Than 'Just Say No'**

Now, it's not enough to just say no. If you or someone you care about has a **percussion instrument** problem, it's high time to ask for help. Many people say "it's not that bad a problem yet" or "it doesn't really bother me or anyone else," but **drum abuse** does affect you, your friends, your community, and your school. If you want to stop playing a very obnoxious game, reach out for help today. You can say YES to helping yourself and others. You are not alone.



*What are the signs of serious **drum** dependency?*

Try this self test.

1. Do you miss days or classes at school because of **percussion instrument** abuse?
2. Do you **drum** to overcome shyness or lack of self confidence?
3. Do you **drum** to escape from problems?
4. Do you get angry when others try to talk to you about your **drum** use?
5. Are there certain occasions when you feel uncomfortable if **doumbeks, bongos, tanbourines**, etc. are not available?
6. Do you sometimes feel a little guilty about your **drum** use?
7. Have you ever been in trouble at home or school or in the community because of your **loud or excessive drumming**?
8. Do you want to continue **drumming and chanting** after others have had enough?
9. Have you ever tried and failed to cut down on your **drumming**?



If you answered 'yes' to any of the above questions, it can be a warning sign that you may have a problem with percussion instrument abuse. These questions are only a sample of possible signs of trouble. There may be signs that you or we know nothing about. Even if you answered 'no' to the above questions, please see a counselor or other professional who knows about drum dependency. The National Council on Percussion Instrument Abuse, Inc. offers free, confidential information and referral, and will share your name with local law enforcement officials.

*What can you do about someone else's obsessive **drumming**?*

DO NOT:

- ...joke about it
- ...make excuses for them
- ...get in a car with them
- ...assume responsibilities for them
- ...ignore or deny the problem
- ...give them money
- ...give them drums
- ...feel guilty



DO:

- ...ask for help
- ...talk with someone who is knowledgeable about percussion instrument dependancies
- ...encourage the person to reach out for help
- ...remember, the person may deny any problems, even if it is obvious to you
- ...remember, the person may have a problem even if you or they think they do not
- ...get involved with local groups that are against drum abuse
- ...avoid abusing percussion instruments yourself
- ...attend self-help support groups i.e.: Percussion Instruments Anonymous, AlaDrum, Adult Children of Excessive Drummers (ACED), etc.
- ...make long lists of what to do and not do
- ...learn the FACTS about DRUM ABUSE

REMEMBER:

you didn't cause it, you can't control it, you can't cure it, and it's spreading everywhere