

ARE YOU AN ALCOHOLIC?

Your friends or family may say you have a drinking problem. Take this questionnaire, which has many, to see if you agree.

	Yes	No
1. Do you lose time from work or school due to drinking?		
2. Does drinking make your life at home unhappy?		
3. Do you drink to build your self-confidence or feel less shy?		
4. Is drinking effecting your reputation?	1.	
5. Do you ever get into trouble with money because of your drinking?		
6. Does it worry you if somebody says you drink too much?		
7. Have you ever lost friends because of your drinking?		
8. Do you blame your drinking on other people's behavior?		
9. Does drinking decrease your ambition?		
10. Do you ever want a drink the "morning after"?		
11. Do you have a hard time sleeping because of your drinking?		
12. Has your ability to work or study decreased since you start drinking?		
13. Does drinking get you into trouble at school or work?		
14. Do you drink to escape problems or worries?		
15. Do you drink alone?		
16. Have you ever had a complete memory loss of drinking?		
17. Have you ever been treated by a doctor for your drinking?		
18. Have you ever been arrested or hospitalized due to your drinking?		
19. Have you ever felt guilt after your drinking?		
20. Do you think you have a problem with alcohol?		

If you answered "yes" to three or more questions, you may be an alcoholic.