



Alcohol

DRINKING SELF-EVALUATION

1. Have you ever decided to stop drinking and/or using alcohol for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking habits and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that it would keep you from losing control?
4. Have you had to have an "eye-opener" upon awakening during the past year?
5. Do you need a drink to get started, or stop shaking?
6. Do you envy people who can drink without getting into trouble?
7. Have you had problems connected with drinking during the past year?
8. Has your drinking caused trouble at home?
9. Do you ever try to get "extra" drinks at a party because you did not get enough?
10. Do you tell yourself you can stop drinking any time you want to, even though you keep getting inebriated when you don't mean to?
11. Have you missed days of work or school because of drinking?
12. Do you have "blackouts"?
13. Have you ever felt that your life would be better if you did not drink?



What is your score? Did you answer yes two or more times? If so, you are probably in trouble with alcohol.