

DO YOU HAVE  
A DRINKING PROBLEM?

Name: \_\_\_\_\_

Are you worried that you (or someone you know) might have a problem with alcohol? Evaluate yourself or your friend by answering the questions below. Be honest—this assessment is private. You don't have to show it to anyone.

Answer “yes” or “no” to the following questions.

1. Do you drink because you have problems? To relax? \_\_\_\_\_
2. Do you drink when you get mad at other people, your friends or parents? \_\_\_\_\_
3. Do you prefer to drink alone, rather than with others? \_\_\_\_\_
4. Are your grades starting to slip? Are you goofing off on your job? \_\_\_\_\_
5. Did you ever try to stop drinking or drink less and fail? \_\_\_\_\_
6. Have you begun to drink in the morning, before school or work? \_\_\_\_\_
7. Do you gulp your drinks? \_\_\_\_\_
8. Do you ever have memory loss due to your drinking? \_\_\_\_\_
9. Do you lie about your drinking? \_\_\_\_\_
10. Do you ever get into trouble when you're drinking? \_\_\_\_\_
11. Do you get drunk when you drink, even when you don't mean to? \_\_\_\_\_
12. Do you think it's cool to be able to hold your liquor? \_\_\_\_\_

If you answer yes to any of them, it might be time to seriously think about seeking help. Look at the *For More Information* fact sheet for good places to start.

Source: *Alcoholics Anonymous*, [www.alcoholics-anonymous.org/en\\_is\\_aa\\_for\\_you.cfm?PageID=15](http://www.alcoholics-anonymous.org/en_is_aa_for_you.cfm?PageID=15)