

# Face Up to Your Drinking Habits



Are you a social drinker or a problem drinker? If you have any doubts, you probably have a problem or are developing one. Alcoholics Anonymous has developed the following quiz to help you determine if you have a drinking problem.

1. Have you ever decided to stop drinking for a week or so, but lasted only a few days?  
Yes  No
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?  
Yes  No
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?  
Yes  No
4. Have you had a drink in the morning during the past year?  
Yes  No
5. Do you envy people who can drink without getting into trouble?  
Yes  No

6. Have you had problems connected with drinking during the past year?  
Yes  No
7. Has your drinking caused trouble at home?  
Yes  No
8. Do you ever try to get extra drinks at a party because you're not served enough?  
Yes  No
9. Do you tell yourself you can stop drinking any time you want, even though you keep getting drunk when you don't mean to?  
Yes  No
10. Have you missed days of work because of drinking?  
Yes  No
11. Do you have blackouts?  
Yes  No
12. Have you ever felt your life would be better if you did not drink?  
Yes  No

**How to score:** If you answer yes to four questions or more, chances are you have a problem and should seek professional help.