

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.