

Driving Yourself to DRINK

TAKE THIS TEST TO SEE IF YOU ARE OUT OF CONTROL

You may think you are a social drinker, when others see you as a problem drinker. If you have any doubts, or just want to prove your friends and family wrong, take this test developed by Alcoholics Anonymous.

ANSWER YES OR NO

1. Have you ever decided to stop drinking for a week or more, but lasted only a few days?
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had a drink in the morning during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused troubles at home?
8. Do you ever try to get extra drinks at a party because you are not served enough?
9. Do you tell yourself you can stop drinking any time you want, even though you keep getting drunk when you didn't mean to?
10. Have you missed days of work because of drinking?
11. Do you have blackouts?
12. Have you ever felt your life would be better if you did not drink?

Score Yourself

If you answered yes to four or more questions, chances are you have a drinking problem and need to seek professional help.

Action Step

If your drinking is tied to emotional issues that you are trying to drown, seek counseling. Coming to terms with your triggers and learning to manage those triggers will help put you back in control of your life.

