

Alcohol Abuse Self-Test

Is it possible that I have symptoms of Alcohol Abuse?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. Do you lose time from work due to drinking?	_____	_____
2. Is drinking making your home life unhappy?	_____	_____
3. Do you drink because you are shy with other people?	_____	_____
4. Is drinking affecting your reputation?	_____	_____
5. Have you ever felt remorse after drinking?	_____	_____
6. Have you gotten into financial difficulties as a result of drinking?	_____	_____
7. Do you turn to lower companions and an inferior environment when drinking?	_____	_____
8. Does your drinking make you careless of your family's welfare?	_____	_____
9. Has your ambition decreased since drinking?	_____	_____
10. Do you crave a drink at a definite time daily?	_____	_____
11. Do you want a drink the next morning?	_____	_____
12. Does drinking cause you to have difficulty in sleeping?	_____	_____
13. Has your efficiency decreased since drinking?	_____	_____
14. Is drinking jeopardizing your job or business?	_____	_____
15. Do you drink to escape from worries or trouble?	_____	_____
16. Do you drink alone?	_____	_____
17. Have you ever had a complete loss of memory as a result of drinking?	_____	_____
18. Has your physician ever treated you for drinking?	_____	_____
19. Do you drink to build up your self-confidence?	_____	_____
20. Have you ever been to a hospital or institution because of drinking?	_____	_____

Although this, or no self-test, is conclusive, if you answered YES to any one of these questions, there is a possibility you may be abusing alcohol. If you answered YES to any two, you should contact an iTherapyRX counselor or another health care professional.