

Who Has a Drinking Problem?

Directions: This questionnaire is to help you determine if you or someone you know has a drinking problem. If you drink alcohol at all—even if just a small amount or very rarely—take the test for yourself. If you do not drink, take the test with someone else in mind, preferably someone you guess may have a problem. Use the scoring system below to help analyze the results.

1. Do you have trouble stopping drinking once you start?
2. Have you had a memory blackout when drinking?
3. Do your friends or relatives think you have a problem with drinking?
4. Have you ever gotten in a fight or been belligerent when drinking?
5. Have your parents (or other family members) sought help regarding your drinking?
6. Have you ever missed school or work because of your drinking?
7. Have you ever been ticketed because of underage drinking?
8. Do you ever drink in the morning?
9. Do most of your friends drink?
10. Do you drink *before* going to a party?
11. Do you have a fake ID?
12. Do you need to drink in order to go on a date?
13. Do you make plans to limit your drinking to a certain day or certain time?
14. Are you cynical about the information shared in alcohol resistance classes?
15. Have you ever sought help because of your drinking?
16. Have you ever been told you have liver trouble or some other alcohol-related medical problem?
17. Have you ever lied to your parents about your drinking?
18. Do you feel disappointed in yourself because of your drinking?
19. Do you get mad if someone tells you that you have a drinking problem?
20. Do you feel you have a problem with alcohol?

Scoring: A “yes” answer to even one or two questions should be taken as warning of possible alcohol abuse. A “yes” answer to more than two questions likely means the person you were thinking of is abusing alcohol.