

YES OR NO

AM I AN ALCOHOLIC ?

To answer this question, ask yourself the following.

1. Do you lose time from work or school due to drinking ? _____
2. Is drinking making your home life unhappy ? _____
3. Do you drink because you are shy with people ? _____
4. Is drinking affecting your reputation ? _____
5. Have you ever felt guilty on some day after drinking ? _____
6. Have you ever gotten into financial difficulties because of drinking ? _____
7. Do you hang around with people who are likely to get into trouble when you drink ? _____
8. Does your drinking cause you to be more careless of your own welfare and the welfare of the people around you ? _____
9. Has your ambition decreased since drinking ? _____
10. Do you crave a drink at a definite time of the day ? _____
11. Do you want to drink the next morning ? _____
12. Does drinking cause you to have difficulties in sleeping ? _____
13. Has your efficiency decreased since drinking ? _____
14. Is drinking jeopardizing your job or your school work ? _____
15. Do you drink to escape from worries or troubles ? _____
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 on account of drinking ? _____