

## Sobriety Test

Check ALL that apply and tally your check marks at the end to obtain your score.

- ☐ You knew about my struggle to get sober and encouraged me.
- ☐ You were patient when I talked just a little too damned much about my alcoholism.
- ☐ You forgave me for the things I did and the things I failed to do while I was drinking, but let me know what I needed to do to make up for them.
- ☐ You sent a card or an e-mail, called me, verbally encouraged me or celebrated with me when I observed an anniversary, even when it was just a matter of days or months.
- ☐ You made a point of asking if I was okay during moments of emotion or stress.
- ☐ You let me know when I could work my program by reaching out to others.
- ☐ You remained my friend, or became an even better one, when you learned of my problem.

**IMPORTANT:** Count all check marks and enter the total here: \_\_\_\_\_

Scoring instructions: If you checked off EVEN ONE item, you are definitely a really good friend who is helping this alcoholic to stay sober, one day at a time. This