

WHO HAS A PROBLEM?

(With drugs or alcohol)

YES NO

- ___ ___ 1. Do you sometimes drink excessively when you are disappointed, argued with, or aggravated by someone?
- ___ ___ 2. Do you drink more than usual when are troubled or under pressure?
- ___ ___ 3. Are you able to drink more without feeling it than when you first started to drink?
- ___ ___ 4. Do you suffer memory losses of events during the evening, and yet not pass out?
- ___ ___ 5. Do you try to squeeze in a couple of extra drinks during the evening without other people knowing it?
- ___ ___ 6. On some occasions, do you feel ill at ease if alcohol is not available?
- ___ ___ 7. Are you rushing more to get that first drink than you did, say, last month?
- ___ ___ 8. Do you occasionally have feelings of guilt about your drinking?
- ___ ___ 9. When your friends and family discuss your drinking, do you quietly resent it?
- ___ ___ 10. Are your "blackouts" more frequent, recently?
- ___ ___ 11. Do you want to continue drinking when your friends say "enough"?
- ___ ___ 12. Do you have a reason when you get drunk?
- ___ ___ 13. Are you embarrassed by the things you say and do when drunk?
- ___ ___ 14. Have you switched drinks or changed your pattern to control your drinking?
- ___ ___ 15. Do you promise yourself to control your drinking and then break the promise?
- ___ ___ 16. Have you changed jobs or moved to a new place to control your drinking?
- ___ ___ 17. Do you avoid friends and family when drinking?
- ___ ___ 18. Are financial and work problems increasing?
- ___ ___ 19. Do you feel people are treating you unfairly?
- ___ ___ 20. When drinking do you eat irregularly and very little?
- ___ ___ 21. Do you take another drink in the morning to quite your "shakes"?
- ___ ___ 22. Has your drinking capacity decreased lately?

___ ___ 23. Do you occasionally stay drunk for several days?

___ ___ 24. Are you sometimes depressed and feel that life isn't worth living?

___ ___ 25. Do you occasionally have hallucinations after a period of drinking?

___ ___ 26. Do you have vague fears after drinking heavily?

INTERPRETATION OF SCORE

This test does not indicate that you are or are not an alcoholic, however, it does indicate which symptoms of alcoholism you may have. A "yes" answer to any one of these questions means that you perceive that you possess that particular symptom. In recognition of the progressive nature of the disease of alcoholism, these questions/symptoms are grouped into three separate sets of symptoms.

They are: "early symptoms of alcoholism", "middle stage symptoms of alcoholism", and final stage symptoms". You may wish to think of the symptoms as "early", "middle", and "final". Questions 1 through 8 are the "early", 9 through 21 are the symptoms of the "middle" stage and 22 through 26 represent the "final" stage of the disease.