

ALCOHOL USE SELF-ASSESSMENT

A US study estimates that about 30 percent of Americans report having an alcohol disorder at some time in their lives. Over half had alcohol abuse, the others dependency.
- Archives of General Psychiatry (2007)

The following questions assess your use of Alcohol during the past 12 months. Please read each statement and decide if your answer is “Yes” or “No”..

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| 1. My friends and family have expressed concern about my drinking. | YES | NO |
| 2. I'm unable to enjoy parties or social events where alcohol is not served. | YES | NO |
| 3. I feel bad about my drinking. | YES | NO |
| 4. Drinking has created problems in an important relationship. | YES | NO |
| 5. I have gone to work with a hangover. | YES | NO |
| 6. I have tried to cut down or stop my drinking. | YES | NO |
| 7. I have had a legal problem because of my drinking. | YES | NO |
| 8. I can drink more than most of my peers. | YES | NO |
| 9. I have to drink more to get the same effect. | YES | NO |
| 10. I have previously sought help for my drinking. | YES | NO |

Give each “Yes” 1 point (each “No” gets 0 points).

TOTAL SCORE: _____

SCORE:

- 0-2 You may be showing signs of alcohol abuse. Please contact Workplace Solutions for education, confidential assistance and support.
- 3-5 You have some of the risk factors that suggest alcohol abuse and/or dependence. Please contact Workplace Solutions for education, confidential assistance and support.
- 6-10 Your responses strongly suggest that drinking is a problem for you. Please contact Workplace Solutions for confidential assistance and support.

HELPFUL LINKS:

- Understanding Alcohol
<http://science.education.nih.gov/supplements/nih3/alcohol/guide/info-alcohol.htm>
- For Teens
<http://www.thecoolspot.gov/>
- Alcoholics Anonymous
<http://www.aa.org/>

RECOMMENDED READING:

- *If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much* by Lisa Frederiksen. (2009)
- *Enough Already!: A Guide to Recovery from Alcohol and Drug Addiction* by Bob Tyler (2005)
- *Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children* by Charles Rubin (2007)
- *Understanding the High-Functioning Alcoholic: Breaking the Cycle and Finding Hope* by Sarah Allen Benton (2010)