

20 Questions - The Twenty Questions that helped me decide that I was alcoholic.

Answer YES or NO to the following questions. These are also applicable to Substance Abuse.

1. Do you lose time from work due to drinking? YES ___ NO ___
2. Is drinking making your home life unhappy? YES ___ NO ___
3. Do you drink because you are shy with other people? YES ___ NO ___
4. Is your drinking affecting your reputation? YES ___ NO ___
5. Have you ever felt remorse after drinking? YES ___ NO ___
6. Have you ever got into financial difficulties as a result of drinking? YES ___ NO ___
7. Do you turn to lower companions and an inferior environment when drinking? YES ___ NO ___
8. Does your drinking make you careless of your family's welfare? YES ___ NO ___
9. Has your ambition decreased since drinking? YES ___ NO ___
10. Do you crave a drink at a definite time? YES ___ NO ___
11. Do you want a drink the next morning? YES ___ NO ___
12. Does drinking cause you to have difficulty in sleeping? YES ___ NO ___
13. Has your efficiency decreased since drinking? YES ___ NO ___
14. Is drinking jeopardizing your job or business? YES ___ NO ___
15. Do you drink to escape from worries or trouble? YES ___ NO ___
16. Do you drink alone? YES ___ NO ___
17. Have you ever had a complete loss of memory as a result of drinking? YES ___ NO ___
18. Has your physician ever treated you for drinking? YES ___ NO ___
19. Do you drink to build up your self-confidence? YES ___ NO ___
20. Have you ever been to a hospital or institution because of drinking? YES ___ NO ___

What's your score? If you have answered YES to any one of the questions, there is a definite warning that you may be an alcoholic. If you have answered YES to any two, the chances are that you are an alcoholic. If you answered YES to three or more, you are definitely an alcoholic. (The test questions are used at Johns Hopkins University Hospital, Baltimore, MD, in deciding whether or not a patient is an alcoholic per the AA 12 Step Website).