

AA's 20 Question Test – Are you alcoholic?

Is it alcohol abuse? Or, just hard drinking? A problem drinker or an alcoholic? Is it alcohol addiction? Is it alcoholism? Are you alcoholic?

Take this 20 Question test to help you decide whether you are an alcoholic. Then, you can decide — if you want to do something about it.

The 20 Questions — Alcohol Abuse or Alcoholism?

Take this 20 question test to help you decide whether or not you are an alcoholic.

Answer YES or NO to the following questions.

- 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 guilt or 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 __

AA's 20 Question Test – Are you alcoholic?

- 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 __