

20 Questions

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 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 or 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).

Download a copy of the 20 Questions at:
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