

# COULD YOU HAVE A DRINKING PROBLEM?

Take this Thinking Person's Test.



**Because** no two people are identical in their addiction to alcohol, a definitive diagnosis would require a lengthy and honest dialogue with a skilled interviewer. The following self-administered test (from Bert Pluymen's *The Thinking Person's Guide to Sobriety*), however, can be useful as a quick barometer for anyone who has ever asked, "Could I have a drinking problem?"

Answer "yes" or "no" for each question.

- Do you ever fail to remember things that happened while you were drinking?
- Does your hand ever shake in the morning after drinking?
- Do you drink more heavily when depressed, under pressure, or anxious?
- Do you regularly drink to relieve anger, insomnia, or fatigue?
- Are you annoyed when someone criticizes your drinking?
- Do you ever drink, or take a prescription drug to relieve a hangover?
- When someone pours you a glass of wine, do you secretly compare the level of liquid in your glass to that poured for others around the table?
- Do you periodically feel remorseful about your drinking?
- Have you tried switching drinks or following different plans to limit you drinking?
- Do you periodically neglect your obligations at work, school, or home because of drinking or hangovers?
- Are there occasions when you feel uncomfortable because alcohol is not available?
- Have you ever been arrested for behavior while you were drinking, such as drinking and driving, public intoxication or disturbing the peace?
- Do you regularly drink to be more appealing or to relieve shyness, boredom or loneliness?
- Have you stopped drinking for a time to prove you can?
- Do you impatiently, or lovingly, anticipate having your first drink of the day?
- Do you sometimes drink while driving home from school or work, or while driving on a long trip?
- Have you found that you have increased the number, size, or strength of your drinks since you first started drinking?
- Do you regret things you've said or done while drinking?
- Do you regularly fail to keep promises to yourself about your drinking?
- Are you concerned that you might have a drinking problem?

As a thinking person, Pluymen says, you know that any "yes" answer deserves reflection. You may already have decided to explore the issue further, which is wise if you are concerned that you might have a drinking problem. If you answered "yes" to three or more of these questions, Pluymen indicates it would certainly be reasonable to attend a few support group meetings, consult a professional experienced in alcohol and drug counseling or obtain a confidential assessment from a qualified professional at an alcohol clinic.

**CONCERN<sup>®</sup> Services is available to you by your employer and can provide confidential alcohol and drug assessment. Call: 513-891-1627 / 800-841-5002**

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