



Alcohol Assessment

In moderation, consumption of alcoholic beverages can be an enjoyable part of social activities with family and friends. But when you begin drinking alcohol to manage emotions, life challenges, or simply to get through the day, you may be struggling with problem drinking.

Knowledge is power, and the best place to start gathering the knowledge you need is with a simple self-assessment like the one below.

Instructions: Answer each question “yes” or “no”. When you have answered all of the questions, enter your name and email address to receive your confidential Alcohol Assessment report.

	Yes	No
1. Is most of your drinking done in private or when you are alone?		
2. Is there a specific time each day that you crave an alcoholic drink?		
3. Do you need a drink first thing in the morning in order to function?		
4. Do you drink in order to forget about your troubles and worries?		
5. Do you have trouble sleeping because of your drinking?		
6. Since you have begun drinking, have you found your ambition has decreased?		
7. Is life at home unhappy because of your drinking?		
8. Are you careless of the welfare of your family when you are under the influence of alcohol?		
9. Has your drinking caused financial problems for you and/or your family?		
10. Do you feel remorseful after you drink?		
11. When I shop, I feel a rush of euphoria mixed with feelings of anxiety.		
12. Others are bothered by my spending habits.		
13. I write checks when I know I don't have enough money in the bank to cover them.		
14. I go shopping to feel better.		
15. I feel bad if I don't go shopping.		
16. I try to hide items that I buy from others.		
17. I find myself lying to others about shopping or items I have bought.		
18. I feel like I have to spend money if I have any left over at the end of the month.		



19. When I return home after shopping, I often feel guilty, ashamed, embarrassed or confused.		
20. If I have to deny myself or put off buying something I really want, I feel intensely deprived, angry or upset.		

My Name Is:	
My Email Address Is:	

Look forward to your Alcohol Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center (**[hyperlink to website](#)**)