

This quiz is designed for people who are concerned about their use of alcohol. If you are here to check for another problem behaviour - prescription drugs, gambling, sex or shopping - just substitute the behaviour for the word alcohol.

- 1. Do you sometimes drink more than you planned to drink?*
- 2. Have you ever tried to quit drinking and were unsuccessful?*
- 3. In the past year, have you spent a lot of time drinking, trying to obtain alcohol, and recovering from its effects?*
- 4. Do you ever get an urge to drink or a craving for alcohol?*
- 5. Do you often miss work or school or obligations at home due to drinking?*
- 6. Has your drinking negatively affected your social or family relationships?*
- 7. Have you given up hobbies or activities you used to enjoy?*
- 8. Does your drinking ever put you in dangerous situations?*
- 9. Has drinking caused you any persistent health problems?*
- 10. Does alcohol still give you the same feeling?*
- 11. When you go without alcohol, do you get withdrawal symptoms?*
- 12. Have you gotten into situations when drinking increased your chances of being physically harmed?*
- 13. Have you continued to consume alcohol despite it making you feel depressed, anxious, or paranoid, and impacting your physical health?*
- 14. In the past year, has your tolerance for alcohol increased, meaning that you need to consume more alcohol than you once did to feel its effects?*
- 15. Have you experienced withdrawal symptoms when not under the influence of alcohol, such as nausea, sweating, trouble sleeping, a racing heart, sweating, restlessness, or shaking?*