

When Is Drinking A Problem?

If you are wondering whether there is a drinking problem in your family, check it out by answering the following questions:

- _____1. Do you lose sleep because of someone's drinking?
- _____2. Do you think a lot about problems that arise because of that person's drinking?
- _____3. Do you ask for promises to stop drinking?
- _____4. Do you make threats?
- _____5. Do you have increasing bad feelings toward the person?
- _____6. Do you want to throw away his or her liquor? Or hide it?
- _____7. Do you think that everything would be okay if the drinking situation changed?
- _____8. Do you feel alone, rejected, fearful, angry, guilty, or exhausted?
- _____9. Are you feeling an increasing dislike of yourself?
- _____10. Do you find your moods changing as a direct result of his or her drinking?
- _____11. Do you try to deny or conceal the drinking situation from friends?
- _____12. Do you cover for and protect the person?
- _____13. Do you feel responsible and guilty for the drinking behavior?
- _____14. Are you beginning to withdraw from friends and outside activities?
- _____15. Have you taken over responsibilities that used to be handled by the other person?
- _____16. Are there arguments because too much money is spent on drinking?
- _____17. Do you find yourself trying to justify the way you feel and act in reaction to the drinking behavior?
- _____18. Do you have any new physical symptoms like headaches, indigestion, nausea, or shakiness?
- _____19. Do you feel defeated and quite hopeless?
- _____20. Is your work suffering because of the drinking problem?