

Patrons: Tony Adams MBE • Olly Barkley • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • Geraldine James OBE
Cherie Lunghi • Elle Macpherson • Suzanne Stafford CQSW • David Yelland

Alcohol - other person diagnosis

If you think you have been affected by a friend, colleague, or family member's drinking (or other addictive problem), answering the following may help you. Please tick one box in answer to each of the following questions.

	YES	NO
1. Are you ever afraid to be around the person when he/she is drinking or using drugs because of the possibility of verbal or physical abuse?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you worry about the person's drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
3. Has the person broken promises to control or stop his/her drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever made excuses for the way the person behaved while drinking or using?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you feel guilty about the person's drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you feel anxious or tense around the person because of his/her drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you afraid to get in the car with the person after he/she has been drinking or using?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever lied about the person's drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever "helped" the person "cover up" for a drinking or using episode, e.g. by calling his/her employer or school, or telling others that he/she is "sick"?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever been embarrassed by the person's drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to three or more questions, then perhaps the person you are concerned about has a problem with alcohol or other drugs. The more questions you answered "yes" to, the greater the chance that person has of having an addiction problem.

Regardless of how many boxes you have ticked, if you feel affected by someone else's drink or drug use please contact Nacooa for support.

Also see the Nacooa website www.nacooa.org.uk