

Alcoholism - Self Diagnosis

Only you can decide whether you have a problem with alcohol (or other drugs and behaviours). Answering the following may help you. Please tick one box in answer to each of the questions.

		Yes	No
1	Is your drinking or drug use leading to problems at home?	<input type="checkbox"/>	<input type="checkbox"/>
2	Does drinking or using make you careless about your family's welfare?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you drink or use drugs to build up your self-confidence?	<input type="checkbox"/>	<input type="checkbox"/>
4	Is drinking or drug use affecting your reputation?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you drink or use drugs to escape from your worries or troubles?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you drink or use drugs alone?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you crave a drink or drugs at a definite time daily?	<input type="checkbox"/>	<input type="checkbox"/>
8	Does drinking or using drugs cause you to have difficulty in sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you lost time from work or school due to your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
10	Is drinking or using drugs jeopardizing your job or business, or school work?	<input type="checkbox"/>	<input type="checkbox"/>
11	Have you experienced financial difficulties as a result of your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
12	Have you ever experienced loss of memory as a result of your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
13	Has your doctor ever treated you for drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
14	Have you ever been to a hospital on account of drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered "yes" to any of the questions, there is a chance that you may have a problem with alcohol or other drugs. A "yes" to three or more questions indicates the need to carefully examine your use of alcohol or drugs. Help is available from a number of agencies.





The National Association
for Children of Alcoholics

For information and advice you can call:

AA:

www.alcoholics-anonymous.org.uk
0845 769 7555

Narcotics Anonymous:

www.ukna.org
0300 999 1212

Drinkline: 0800 917 8282

FRANK:

www.talktofrank.com
0800 776600

Also see the Nacoa website www.nacoa.org.uk

