

ARE YOU AN ALCOHOLIC? TAKE THE TEST

The following simple test is used at Johns Hopkins University Hospital in Baltimore to help determine whether a patient is an alcoholic.

Answer yes or no to the following 20 questions:

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you ever had financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you care less about your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time?
11. Do you want a drink the next morning?
12. Does drinking affect your sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or troubles?
16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up self-confidence?
20. Have you ever been to a hospital or institution because of drinking?

If you answer yes to any one of the questions, that is a warning you may be an alcoholic.

If you answer yes to any two, chances are you are an alcoholic.

If you answer yes to three or more, you are an alcoholic.