

Alcohol Abuse Disorder: A Self Test

If you are concerned you may be addicted to alcohol, take some time to ask yourself these 10 questions.

Have you had times when you ended up drinking more or longer than you planned? Have you wanted a drink so badly you couldn't think of anything else? Do you continue to drink even though it's causing trouble with your family or friends? Have you tried more than once to cut down or stop drinking but couldn't?

Have you given up or cut back on activities you enjoy in order to drink? Do you feel guilty for drinking? Have you found yourself in situations while drinking or after drinking that increased your chances of getting hurt? For example, driving or having unprotected sex.

Do you continue to drink even though it makes you feel depressed or anxious? Do you drink more than you once did to get the same effect? In other words, Do your usual number of drinks have less effect than before? Do you have withdrawal symptoms when not drinking, such as trouble sleeping, shakiness, nausea or sweating?

If you or a loved one answered yes to any of these questions, remember you are not alone. Now is the time to get the help you need. For more information, visit Rethinkingdrinking.niaaa.nih.gov.