

Are you an Alcoholic?

Once you're a pickle, you can't go back to being a cucumber.

Have you ever decided to do a dry January and then quit a few days in?

Yes No

Do you wish people would mind their own business about your drinking and stop telling you what to do?

Yes No

Have you ever switched from one alcohol to another in the same night, hoping it would keep you from getting drunk?

Yes No

Do you envy people who can drink without getting into trouble?

Yes No

Have you had problems connected with drinking during the past year?

Yes No

Has your drinking caused trouble at home?

Yes No

Do you ever try to get "extra" drinks at a party because you don't get enough?

Yes No

Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Yes No

Have you missed days of work or school because of drinking?

Yes No

Do you ever blackout?

Yes No

Have you ever felt that your life would be better if you did not drink?

Yes No

#NOTTHERAPY