



Alcohol Self-Assessment Tool

This self-assessment tool can be used to help you begin to think about your use of alcohol. Please be honest with yourself as you review and answer the questions. In order to get the help that you want, it must begin with an honest review of what is really happening.

Please read each question and answer it to yourself:

1. Do you lie about your drinking?
2. Do you make sure you never run out of alcohol?
3. Have you “lost time” while drinking, not being able to remember everything the next day?
4. Do you feel a need to gulp your first drink?
5. Have friends or family members raised concerns about your drinking?
6. Have you noticed being able to drink more without feeling the effect?
7. Do you sometimes drink more than you intended?
8. Have you ever been in trouble as a result of your drinking?
9. Do you become angry when people bring up your drinking?
10. Do you ever “sneak” a drink?

If you answered YES to two or more questions, alcohol may be a problem for you. For a confidential assessment, call Joyce McLeod Henley at (314) 239-7800. We can help you determine if alcohol is a problem in your life.