



To determine if you are a problem drinker,
answer honestly the following questions:

(conclusions found on back)

- Do you lose time from work due to drinking?
- Is drinking making your home life unhappy?
- Do you drink because you are shy with other people?
- Is drinking affecting your reputation?
- Have you ever felt remorse after drinking?
- Have you gotten into financial difficulties as a result of drinking?
- Do you turn to lower companions and an inferior environment when drinking?
- Does your drinking make you careless of your family's welfare?
- Has your ambition decreased since drinking?
- Do you crave a drink at a definite time daily?
- Do you want a drink the next morning?
- Does drinking cause you to have difficulty in sleeping?
- Has your efficiency decreased since drinking?
- Is drinking jeopardizing your job or business?
- Do you drink to escape from worries or trouble?
- Do you drink alone?
- Have you ever had a complete loss of memory as a result of drinking?
- Has your physician ever treated you for drinking?
- Do you drink to build your self-confidence?
- Have you ever been to a hospital or institution on account of drinking?

Drawing Conclusions

If you answered YES to any one of the questions, this indicates that you may have a problem with alcohol.

If you answered YES to any two, chances are you have a problem with alcohol.

If you answered YES to three or more, you should seek additional evaluation of your use of alcohol.

This test was developed by Dr. Robert Seliger of Johns Hopkins in the 1930s to help people self-assess whether or not they have a drinking problem. It is not a professional screening tool.



Refer Someone for Treatment

Make the call:

Women's Program Executive Director

Mary Ellen Merrick, IHM, D. Min., MAC

Men's Program Executive Director

Joe Shoots, MA, LLP, CAADC

800-626-6910

1601 Joslyn Road, Lake Orion, Michigan 48360

Resources

Alcoholics Anonymous

aa.org

Al-Anon Family Groups

al-anon.alateen.org

The National Center on Addiction and Substance Abuse

centeronaddiction.org

Narcotics Anonymous

na.org

National Council on Problem Gambling

ncpgambling.org

National Center for Overcoming Overeating

overcomingovereating.com