

Alcohol Checklist : Has Your Drinking Become a Problem?

Most people with a drinking problem aren't aware of it. If you drink, answer the following questions honestly.

Do you:	Often	Sometimes	Never
Lose time from work due to drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Want a drink in the morning?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Want a drink at the same time every day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have trouble sleeping?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink to feel more confident or outgoing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Become frustrated easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel anxious and sensitive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink alone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let family or job responsibilities slide?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forget what happened while you were drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have major mood swings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel remorse after drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have financial problems resulting from drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find yourself losing weight without dieting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Believe others are to blame for your problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worry that drinking is affecting your reputation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel less ambitious since you've been drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink to escape from problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink with people or in places you'd otherwise avoid?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find your home life is more unhappy because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Believe your job is in jeopardy due to drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Several answers of "often" or "sometimes" may be an indication that drinking may be hurting you and people you care about—and creating serious on-the-job safety and health risks.