



Just Checking . . .

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.