



Are You Addicted to Alcohol?

How can we know when we are addicted to alcohol? Johns Hopkins University Hospital in Baltimore, Maryland, uses the following test questions to help their patients decide:

	Yes	No
1. Do you lose time from work due to drinking?	—	—
2. Is drinking making your home life unhappy?	—	—
3. Do you drink because you are shy with other people?	—	—
4. Is drinking affecting your reputation?	—	—
5. Have you ever felt remorse after drinking?	—	—
6. Have you gotten into financial difficulties because of drinking?	—	—
7. Do you turn to lower companions and an inferior environment when drinking?	—	—
8. Does drinking make you careless of your family's welfare?	—	—
9. Has your ambition decreased since drinking?	—	—
10. Do you crave a drink at a definite time daily?	—	—
11. Do you want a drink the next morning?	—	—
12. Does drinking cause you to have difficulty in sleeping?	—	—
13. Has your efficiency decreased since drinking?	—	—
14. Is drinking jeopardizing your job or business?	—	—
15. Do you drink to escape from worries or trouble?	—	—
16. Do you drink alone?	—	—
17. Have you ever had a complete loss of memory as a result of drinking?	—	—
18. Has your physician ever treated you for drinking?	—	—
19. Do you drink to build up your self-confidence?	—	—
20. Have you ever been to a hospital or institution on account of drinking?	—	—

According to Johns Hopkins University Hospital, if you have answered yes to any one of the questions, this is a definite warning that you may be an alcoholic. If you have answered yes to any two, the chances are that you are an alcoholic. If you have answered yes to three or more, you are definitely an alcoholic.