

DO I HAVE AN ALCOHOL PROBLEM?

Read the statement and check each applicable box. This quiz is not a diagnostic tool but a self-assessment of your possible risk factors. Call Purpose Healing Center at 480.579.3319 to get help.

- 1) I make excuses for (or lie about) my drinking behavior.
- 2) I deny/downplay how much I actually drink when confronted.
- 3) I've had legal or financial troubles because of alcohol.
- 4) I wake up thinking about grabbing a drink.
- 5) I take risks to obtain alcohol, like driving without a license.
- 6) I've skipped work or school to drink.
- 7) I use alcohol to manage my stress or anxiety.
- 8) I often feel guilty after I drink.
- 9) I'm okay with drinking alone.
- 10) I get a headache or nausea if I haven't had a drink lately.
- 11) I've tried to cut back my drinking, but couldn't.
- 12) I plan my day around when I can buy alcohol.

ARE YOU STRUGGLING WITH ALCOHOL?

The more items you check, the more likely it is that you have an alcohol addiction. Please reach out to our team if several of these signs are present.



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