













Alcoholics Anonymous Drinking Self-Assessment Quiz

	Do you drink because you have problems? To relax?
	Do you drink when you get mad at other people, your friends or parents?
	Do you prefer to drink alone rather than others?
	Are your grades starting to slip? Are you goofing off on your job?
	Did you ever try to stop drinking, or drink less, and fail?
	Have you begun to drink in the morning, before school or work?
	Do you gulp your drinks?
	Do you ever have loss of memory due to your drinking?
	Are you dishonest about how much you had to drink?
	Do you ever get into trouble when you're drinking?
	Do you get drunk when you drink, Even when you don't mean to?
	Do you think it's cool to be able to hold your liquor?

If you answered yes to most of these questions you should schedule an appointment with the Personal Mental Health Counselor at 740-364-9578, Warner Center 226.

Some material on this page is excerpted from [Alcoholics Anonymous](#)