

Alcohol Abuse Self-Assessment

This self-assessment is not a diagnostic tool and is meant to be used for self-reflection only. Please call Changes Healing Center for further evaluation if you need help.

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| 1) Do you drink alcohol more often than you intend to? | Y/N |
| 2) Have you tried to cut down or stop drinking but couldn't? | Y/N |
| 3) Do you spend much time drinking or recovering after drinking? | Y/N |
| 4) Do you have strong cravings or urges to drink? | Y/N |
| 5) Has alcohol use interfered with work, school, or your home life? | Y/N |
| 6) Do you drink even if it causes relationship or marital problems? | Y/N |
| 7) Do you choose drinking over other social or personal opportunities? | Y/N |
| 8) Do you drink even when it's dangerous, such as while driving? | Y/N |
| 9) Have you used alcohol to escape from problems or to fit in with others? | Y/N |
| 10) Has alcohol caused you physical or psychological problems? | Y/N |
| 11) Do you drink increasingly larger amounts or over a longer time than planned? | Y/N |
| 12) Have friends or family members expressed concern about your drinking habits? | Y/N |

SCORING YOUR SELF- ASSESSMENT

EACH "YES" ANSWER = ONE POINT

0-3 Points = Low to Moderate Risk

Alcohol abuse can lead to negative consequences. Consider stopping use; speak with a professional for help.

4-6 Points = Moderate to High Risk

Your score suggests that alcohol has an oversized impact on your life. Consider professional evaluation and treatment.

7-12 Points = Very High Risk

Your points indicate a strong likelihood you're struggling with Alcohol Use Disorder. We urge you to seek treatment to stop drinking.



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