



Quiz: Do You Have a Drinking or Drug Problem?

The questions in the quiz are derived from an Alcoholics Anonymous quiz written decades ago. If you're concerned that your drinking or drug use might be a problem, take the quiz. Simple as that.

Question 1 of 11

In the recent past, have you decided to stop drinking or drug use for a period of time, but found that you couldn't stop?

YES

NO

Question 2 of 11

In the recent past, have you made a plan to stop drinking or drug use, and then only been able to stop for a little while before starting again?

YES

NO

Question 3 of 11

Does it bother you when people criticize your drinking or drug use? Do you wish they would just leave you alone?

YES

NO

Question 4 of 11

In the recent past, have you changed your drinking or drug use habits because they were causing you problems? For example, have you switched from liquor to wine, or only drinking or using on certain days of the week, or at certain occasions?

YES

NO

Question 5 of 11

Do you sometimes drink in the morning just to feel okay again?

YES

NO

Question 6 of 11

Do you feel jealous of people who can drink or use without it causing problems in their lives?

YES

NO

Question 7 of 11

Has your drinking or drug use caused trouble in your home life or important relationships?

YES

NO

Question 8 of 11

In the recent past, has your drinking or drug use caused you legal problems or loss of work?

YES

NO

Question 9 of 11

Do you sometimes order more than one drink at time at a social event because you feel that one at a time isn't enough? Do you sometimes drink right before social events at which you know you'll drink more alcohol?

YES

NO

Question 10 of 11

Do you experience "blackouts", the loss of memory of the time while you were drinking?

YES

NO

Question 11 of 11

In the recent past, have you ever felt that your life would be better if you didn't drink or use, but felt too afraid to give it up? Or maybe you don't know how to stop?

YES

NO

Results Chart

If you're interested in better controlling your drinking or drug use, please get in touch with us — no cost, no commitment.

YES	NO	RESULT
0	11	Your score indicates that you don't have a serious drinking or drug problem
1	10	Your score indicates that you don't have a serious drinking or drug problem
2	9	Your score indicates that you don't have a serious drinking or drug problem
3	8	Your score indicates that you've experienced some dangerous drinking or drug use
4	7	Your score indicates that you've experienced some dangerous drinking or drug use
5	6	Your score indicates that you likely have a serious drinking or drug problem
6	5	Your score indicates that you likely have a serious drinking or drug problem
7	4	Your score indicates that you likely have a serious drinking or drug problem
8	3	Your score indicates that you likely have a serious drinking or drug problem
9	2	Your score indicates that you likely have a serious drinking or drug problem
10	1	Your score indicates that you likely have a serious drinking or drug problem
11	0	Your score indicates that you have a serious drinking or drug problem