

Alcohol Use Self-Check

Check 'Yes' or 'No' for each question. Total your score at the end.

#	Question	Yes	No
1	Drink more or longer than intended?		
2	Tried to cut down but couldn't?		
3	Spend a lot of time drinking or recovering?		
4	Strong urges to drink?		
5	Drinking affected responsibilities?		
6	Continue despite relationship problems?		
7	Given up activities because of drinking?		
8	Drink in risky situations?		
9	Continue despite health problems?		
10	Need more alcohol for same effect?		
11	Withdrawal symptoms or drink to avoid them?		

Total Score: _____ / 11

2–3: Mild 4–5: Moderate 6+: Severe