

**About this assessment:**

This self-assessment is based on diagnostic criteria used by mental health and medical professionals to determine substance abuse and dependence. (Diagnostic and Statistical Manual IV , DSM - IV, American Psychiatric Association)

This self-assessment is simply a guide to assist you in identifying potential problems. It does not take the place of an in-person assessment by a trained and qualified professional.

## **Self-Assessment of Alcohol Use**

1. Do you drink more than you used to, in order to achieve the same effects?
2. Have you ever missed work or another important obligation because you felt ill after drinking the previous day or night?
3. Do you find that you often drink more or spend more time drinking than you intended?
4. Have you tried to quit drinking or broken promises to yourself or others to cut down on your drinking?
5. Do many of your leisure time activities involve drinking?
6. Have you given up things you used to enjoy as a result of drinking?
7. Have friends or relatives made comments or complained to you about drinking too much?
8. Have you ever received a DUI (Driving Under the Influence) Charge?
9. Have there been times where you felt you would've gotten a DUI charge if you had been pulled over by the police?

If you answered Yes to 3 or more of the self-assessment questions;  
You may have a serious drinking problem and should seek the help of a trained professional. Contact Rosecrance, an accredited, licensed Substance Abuse treatment facility and/or your Physician for help.

If you answered Yes to 2 of the self-assessment questions;  
There are some serious concerns you should address. Alcohol or other drug abuse often leads to alcoholism or drug addiction. Contact your doctor or a reputable counselor to get additional information.