

Am I Alcoholic?

Are you wondering if you have an addiction to alcohol?

Are you concerned about the role alcohol plays in your life? With 26 questions, this simple self-test is intended to help you determine if you or someone you know needs to find out more about alcoholism.

Please Note: This test specifically does *not* include drug use. To take a self-test focused specifically on drug use, please click on [Am I Drug Addicted?](#)

Directions: The following questions are a self-test to help your review the role that alcohol plays in your life. Remember that the questions do not include other drugs taken for medical and non-medical uses.

Carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months.

Yes or No: Decide whether your answer is YES or NO and then check the appropriate space. **Please be sure to answer every question.**

NCADD Self-Test: What are the Signs of Alcoholism?

1. Do you drink heavily when you are disappointed, under pressure or have had a quarrel with someone? Yes No
2. Can you handle more alcohol now than when you first started to drink? Yes No
3. Have you ever been unable to remember part of the previous evening, even though your friends say you didn't pass out? Yes No
4. When drinking with other people, do you try to have a few extra drinks when others won't know about it? Yes No
5. Do you sometimes feel uncomfortable if alcohol is not available? Yes No
6. Are you more in a hurry to get your first drink of the day than you used to be? Yes No
7. Do you sometimes feel a little guilty about your drinking? Yes No
8. Has a family member or close friend express concern or complained about your drinking? Yes No
9. Have you been having more memory "blackouts" recently? Yes No
10. Do you often want to continue drinking after your friends say they've had enough? Yes No
11. Do you usually have a reason for the occasions when you drink heavily? Yes No
12. When you're sober, do you sometimes regret things you did or said while drinking? Yes No
13. Have you tried switching brands or drinks, or following different plans to control your drinking? Yes No
14. Have you sometimes failed to keep promises you made to yourself about controlling or cutting down on your drinking? Yes No
15. Have you ever had a DWI (driving while intoxicated) or DUI (driving under the influence of alcohol) violation, or any other legal problem related to your drinking? Yes No
16. Do you try to avoid family or close friends while you are drinking? Yes No
17. Are you having more financial, work, school, and/or family problems as a result of your drinking? Yes No
18. Has your physician ever advised you to cut down on your drinking? Yes No
19. Do you eat very little or irregularly during the periods when you are drinking? Yes No

20. Do you sometimes have the “shakes” in the morning and find that it helps to have a “little” drink, tranquilizer or medication of some kind? Yes No
21. Have you recently noticed that you can’t drink as much as you used to? Yes No
22. Do you sometimes stay drunk for several days at a time? Yes No
23. After periods of drinking do you sometimes see or hear things that aren’t there? Yes No
24. Have you ever gone to anyone for help about your drinking? Yes No
25. Do you ever feel depressed or anxious before, during or after periods of heavy drinking? Yes No
26. Have any of your blood relatives ever had a problem with alcohol? Yes No

Understanding Your Score:

A “no” is scored 0, and a “yes” is scored 1. The score above reflects the total number of questions that were answered “yes”. A score of 2 or more indicates that you may be at greater risk for alcoholism.

If you answered “yes” to between 2 and 8 questions, you should consider arranging a personal meeting with a professional who has experience in the evaluation of alcohol problems. You should consider contacting the NCADD affiliate office nearest to you. A representative will be happy to assist you in the scheduling of a professional evaluation.

If you answered “yes” to more than 8 questions, you may have a serious level of alcohol-related problems requiring immediate attention and possible treatment. You should seek professional guidance. You should consider contacting the NCADD affiliate office nearest to you. A representative will be happy to assist you in the scheduling of a professional evaluation.

To learn more or to seek immediate help, click on [Find an NCADD Affiliate](#) to locate the NCADD organization nearest to you.

Disclaimer: Although these questions incorporate many of the common symptoms of alcoholism, the NCADD Self-Test is intended to be used for educational purposes only and should not be understood to constitute a diagnosis of alcoholism.

<https://www.ncadd.org/>