

# Self-Test for Alcohol Use Disorder/ Alcoholism

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## Alcoholics Anonymous - 12 Questions to Help You Decide

To help you decide whether you might have a problem with your own drinking, we've prepared these 12 questions.

- Do you drink because you have problems?
- To face up to stressful situations?
- Do you drink when you get mad at other people, your friends or parents?
- Do you often prefer to drink alone, rather than with others?
- Are you starting to get low marks? Are you absent from work?
- Do you ever try to stop or drink less – and fail?
- Have you begun to drink in the morning, before school or work?
- Do you gulp your drinks as if to satisfy a great thirst?
- Do you ever have loss of memory due to your drinking?
- Do you avoid being honest with others about your drinking?
- Do you ever get into trouble when you are drinking?
- Do you often get drunk when you drink, even when you do not mean to

The answers are nobody's business but your own. If you can answer yes to any one of these questions, maybe it's time you took a serious look at what your drinking might be doing to you.

Contact information:

<https://alcoholicsanonymous.com/aa-meetings/kentucky/>