



Centennial
Counseling
Center

ALCOHOL

Has anyone ever recommended to you that you *cut down on your drinking*? Have you gone out at night having *promised yourself* that you would only have a few drinks, but *ended up drunk anyway*? Are you *dependent on alcohol*?

Take the test.

The following is a short assessment of alcohol use that will help you determine if you are beginning to show symptoms of alcohol dependence or abuse. Check the boxes that best describe your feelings and/or behaviors, more often than not, over the last few months.

- I have tried to stop drinking and failed.
- I have missed days at work or school or my performance has suffered because of drinking.
- I have had a loss of memory or “blackout” after I’ve been drinking.
- I have had legal difficulty because of my drinking.
- My drinking causes problems in my relationships.
- I wish people would stop bothering me about my drinking.
- I sometimes need a drink in the morning to get started or to stop shaking.
- I feel my life would be better if I stopped drinking.
- I drink because I have problems or need to relax.
- I think about dying or killing myself.*

Score your results

*** If you checked this statement**, please seek help immediately, no matter what your other answers are.

If you checked 2 or more of these statements, you should share the results with your physician or with a mental health professional.

If you checked only 1 statement, but still feel concerned that your ability to function in everyday life is being impaired, you may also want to share the results with a health care provider.

Alcohol use is a common social behavior that, for some individuals, slowly becomes a habit. There are a number of factors that increase an individual’s risk for developing a problem with alcohol including: family history, level of stress, psychological issues (such as depression or attention deficit disorder,) even physical illness. Your physician can assist you with any medically related issues. A mental health professional can help you address the emotional, relational, and/or environmental components that may be contributing factors.

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