

# Alcohol Abuse Inventory

## Purpose:

This laboratory is designed to increase your awareness of your drinking habits. For this inventory to provide a valid assessment of your drinking behaviors, you must provide an honest answer to each question. After answering the questions, use the scoring information to determine your alcohol consumption status.

## Directions:

Answer "yes" or "no" to the following questions regarding your use of alcohol.

1. Do you often drink alone?
2. When drinking, do you often worry about running out of alcoholic beverages?
3. Do you drink alcohol on a daily basis?
4. When stressed, do you immediately drink alcohol to reduce your stress levels?
5. Do you crave alcohol at any time of the day?
6. Do you have trouble saying "no" to drinking at a party?
7. Do you sometimes have trouble remembering what you did the night before?
8. Does your drinking impair your school or job performance?
9. Does your drinking impair your ability to use good judgment or cause you to have accidents?
10. Do you ever lie about how much you drink to friends or family?

## Scoring:

Answering "yes" to one of the questions above is a suggestion that you may be drinking too much. Answering "yes" to two questions is a clear warning sign that you may have or are in the process of developing an alcohol abuse problem. Answering "yes" to three or more questions indicate that you have a serious alcohol abuse problem and that you should seek professional help.