



Do You Have a Drinking Problem?

Denial can be a common problem among people who rely too much on alcohol to cope with life's challenges. People often struggle to acknowledge that they have a drinking addiction and may be scared to seek help. The following questionnaire may be useful in helping you to assess whether or not you have a drinking problem. If you answer YES to four or more questions, you may have a drinking problem and we advise you to seek help from professionals who can assess your situation and assist you accordingly.

Question	Yes / No
Do you drink every day?	
Have you had a drink in the morning in the past 12 months?	
Has your drinking caused problems at home or at work in the last year?	
Do you wish people would stop nagging you about your drinking?	
Do you envy people who drink without getting into trouble?	
Have you ever decided to stop drinking for a few weeks but only managed to go for a few days without alcohol?	
Have you ever switched from one kind of drink to another hoping it would keep you from getting drunk?	
Have you missed work due to drinking or a hangover?	
Have you woken up with a hangover several times in the last month?	
Do you have blackouts and struggle to remember what happened?	
Has drinking affected your sleeping habits? (do you pass out, need to get up in the night to drink or wet the bed because of alcohol?)	
Do you spend money on alcohol even though you can't really afford it?	
Have you ever embarrassed yourself or someone else when drinking?	
Have you ever felt that your life would be better if you did not drink?	
Do you tell yourself that you could stop drinking if you wanted to, even though you keep getting drunk?	
Do you ever try to get extra drinks at a party because you feel you haven't got enough to drink?	

Useful Resources:

- Alcoholics Anonymous: 0861 435 -722 / www.aasouthafrica.org.za
- SANCA: 011 726 4210 / www.sancanational.org.za