



20 Questions

If you are wondering whether there is a drinking problem in your family, check it out by answering the following questions:

1. Do you lose sleep because of someone's drinking?
2. Do you think a lot about problems that arise because of that person's drinking?
3. Do you ask for promises to stop drinking?
4. Do you make threats?
5. Do you have increasing bad feelings toward the person?
6. Do you want to throw away his or her liquor? Or hide it?
7. Do you think that everything would be okay if the drinking situation changed?
8. Do you feel alone, rejected, fearful, angry, guilty, exhausted?
9. Are you feeling an increasing dislike of yourself?
10. Do you find your moods changing as a direct result of his or her drinking?
11. Do you try to deny or conceal the drinking situation from friends?
12. Do you cover for and protect the person?
13. Do you feel responsible and guilty for the drinking behavior?
14. Are you beginning to withdraw from friends and outside activities?
15. Have you taken over responsibilities that used to be handled by the other person?
16. Are there arguments because too much money is spent on drinking?
17. Do you find yourself trying to justify the way you feel and act in reaction to the drinking behavior.
18. Do you have any new physical symptoms like headaches, indigestion, nausea, shakiness?
19. Do you feel defeated and quite hopeless?
20. Is your work suffering because of the drinking problem?

There is Hope and Help for you here at Celebrate Recovery!