

# Are You Troubled By Someone's Drinking?

Millions of people are affected by the excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not alcohol is a problem for you or someone you care about:

1. Do you worry about how much someone else drinks?  
Yes  No
2. Do you have money problems because of someone else's drinking?  
Yes  No
3. Do you tell lies to cover up for someone else's drinking?  
Yes  No
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you?  
Yes  No
5. Do you blame the drinker's behavior on his or her companions?  
Yes  No
6. Are plans frequently upset or canceled or meals delayed because of the drinker?  
Yes  No
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?  
Yes  No
8. Do you secretly try to smell the drinker's breath?  
Yes  No
9. Are you afraid to upset someone for fear it will set off a drinking bout?  
Yes  No
10. Have you been hurt or embarrassed by a drinker's behavior?  
Yes  No
11. Are holidays and gatherings spoiled because of drinking?  
Yes  No
12. Have you considered calling the police for help in fear of abuse?  
Yes  No
13. Do you search for hidden alcohol?  
Yes  No
14. Do you often ride in a car with a driver who has been drinking?  
Yes  No
15. Have you refused social invitations out of fear or anxiety?  
Yes  No
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control the drinker?  
Yes  No
17. Do you think that if the drinker stopped drinking, your other problems would be solved?  
Yes  No
18. Do you ever threaten to hurt yourself to scare the drinker?  
Yes  No
19. Do you feel angry, confused or depressed most of the time?  
Yes  No
20. Do you feel there is no one who understands your problems?  
Yes  No

If you have answered yes to three or more of these questions, LCAD may help you. You can contact LCAD at:



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