

Uncover Your Addiction: A Self-Quiz

A 10-Minute Exercise to Gain Perspective on Your Addiction

You're here, so there's no harm in printing this page out and actually doing the work suggested. You didn't do all this searching for a test so you could not take it. Don't worry, you can throw it out when you're done. No one will see it.

Read the phrase on the left and then go directly to the phrase on the right. Place a dot on the line that best describes where you fall on the spectrum. Don't over think it. Don't lie. You'll know you lied. Dot each of the ten lines and then read on.

SPECTRUM

- Don't drink ----- Drink
- Yay, it's morning ----- Yay, it's night
- Drink when I get there ----- Start at my house
- Good, no one's drinking ----- Sh*t, no alcohol
- Rarely tipsy ----- Rarely not tipsy
- Family doesn't notice drinking ----- Family says drink less
- Friends drink light ----- Friends drink a lot
- Take it or leave it ----- Take it, take it, take it
- Eat before drinking ----- A cocktail is my dinner
- Unaltered is awesome ----- Sobriety sucks
- Know when to stop ----- What happened last night?

EMPOWER Recovery Center

Where are you on the spectrum?

Do your dots cluster to the right, left or are you down the middle?

Wherever your answers fall, knowledge is the power you need to boost you toward a better life. Stop ignoring the signs. Admit you have a nagging problem or a serious dependency.

How to evaluate your answers:

Dots are more on the left:

You appear to be a responsible drinker and not prone to addictive tendencies with alcohol. You're comfortable in your skin and can make situations work without alcohol. If you're at all concerned with your drinking, talk to a medical professional. If you took this test before you got sober and are now retaking it congratulations. You have achieved measurable success in your recovery. This is how recovery should feel once you've done some work on yourself.

Dots are more on the right:

Your answers suggest you are a problem drinker. You aren't comfortable being you without alcohol in your system. You are way past social drinking. Get help, especially if you've been trying to manage on your own. Very few people manage to quit without any assistance. Talk to a medical professional immediately. Don't wait until it gets worse. It will.

Dots are mostly in the middle:

It's a flip of the coin. Over time our body builds a resistance to alcohol's effects. If you don't want to give up alcohol for good, now is the time to moderate. Otherwise you will be back here taking the test and you'll be heavily dotting on the right side of the spectrum. Don't want to abstain forever? Consider alternative solutions like neurofeedback (BrainPaint), ThetaHealing™ or life skills coaching. These options help you make better choices and will allow you to be more comfortable being you.

Your answers (dots) are all over the spectrum:

If any of the answers lean toward the right it is a good idea to eliminate or limit drinking. Addiction is progressive. Get help.

The results of this self-test are not intended to constitute a diagnosis of alcoholism and should be used solely as a guide to understanding your personal alcohol use and the potential health issues. The information provided here cannot substitute for a full evaluation by a health care professional. The answers you chose are for your personal inquiry only. This quiz is intended to help individuals with their well-being. Empower Recovery Center does not dispense medical advice.