This questionnaire is designed to measure your use of alcohol. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows:

1 = None of the time
2 = Very rarely
3 = A little of the time
4 = Some of the time
5 = A good part of the time
6 = Most of the time
7 = All of the time

1. _______ When I have a drink with friends, I usually drink more than they do.
2. _______ My family or friends tell me I drink too much.
3. _______ 
4. _______ 
5. _______ When I am drinking, I have three or fewer drinks.
6. _______ I feel guilty about what happened when I have been drinking.
7. _______ 
8. _______ 
9. _______ My drinking causes problems with my work.
10. _______ After I have been drinking, I cannot remember things that happened when I think about them the next day.
11. _______ 
12. _______ 
13. _______ I drink to calm my nerves or make me feel better.
14. _______ I drink when I am alone.
15. _______ 
16. _______ 
17. _______ I have one or more drinks when things are not going well for me.
18. _______ It is hard for me to stop drinking what I want to.
19. _______ 
20. _______ 
21. _______ I get mean and angry when I drink.
22. _______ My friends avoid me when I’m drinking.
23. _______ 
24. _______ 
25. _______ I drink 3 to 4 times a week.