

Chemical Dependency Self-Evaluation

Bride		Answer the following questions for yourself and your fiancé. Share your responses with each other.	Groom	
Yes	No		Yes	No
		Do you lose time from work due to drinking?		
		Is drinking making your home life unhappy?		
		Do you drink because you are shy with other people?		
		Is drinking affecting your reputation?		
		Have you ever felt remorse after drinking?		
		Have you gotten into financial difficulties as a result of drinking?		
		Do you turn to lower companions & an inferior environment when drinking?		
		Does your drinking make you careless of your family's welfare?		
		Has your ambition decreased since drinking?		
		Do you crave a drink at a definite time daily?		
		Do you want a drink the next morning?		
		Does drinking cause you to have difficulty sleeping?		
		Has your efficiency decreased since drinking?		
		Is drinking jeopardizing your job or business?		
		Do you drink to escape from worries or trouble?		
		Do you drink alone?		
		Have you ever had a complete loss of memory as a result of drinking?		
		Has your physician ever treated you for drinking?		
		Do you drink to build up your self-confidence?		
		Have you ever been to a hospital or institution on account of drinking?		

If you answered **YES to 1** of the above questions, this is a warning you may have a drinking problem.

If you answered **YES to 2** of the questions, the odds are you are a problem drinker.

If you answered **YES to 3** or more of the questions, you definitely are a problem drinker.

What are some specific action steps we will take as a couple

For information and locations of Alcoholics Anonymous groups, go to <https://www.aa.org/>