

Alcohol Consumption Quiz

1. How often do you consume alcohol?

- a) Every day
- b) A few times a week
- c) Once a week
- d) A few times a month
- e) Rarely or never

2. When you drink, how many drinks do you typically have in one sitting?

- a) More than 6
- b) 4-6
- c) 2-3
- d) 1
- e) I don't drink

3. Do you ever drink to the point of feeling intoxicated?

- a) Always
- b) Frequently
- c) Occasionally
- d) Rarely
- e) Never

4. How often do you experience negative consequences because of your drinking (e.g., hangovers, missed work/school, arguments)?

- a) Every time I drink
- b) Often
- c) Sometimes
- d) Rarely
- e) Never

5. Have friends or family members ever expressed concern about your drinking habits?

- a) Yes, frequently
- b) Yes, occasionally
- c) Once or twice
- d) No, never
- e) I don't drink

RESULTS

Mostly A's : This choice indicates a high level of alcohol consumption and extreme potential dependence. Daily drinking, consuming more than six drinks in one sitting, always feeling intoxicated, experiencing negative consequences regularly, and having friends or family express frequent concern are all signs that alcohol is impacting your life in a significant way.

Mostly B's: This choice suggests a pattern of frequent drinking and very high risk. Consuming alcohol multiple times a week, having 4-6 drinks in one sitting, frequently feeling intoxicated, experiencing negative consequences often, and occasional expressions of concern from friends or family indicate that alcohol is causing some serious problems in your life and will likely lead to increased drinking.

Mostly C's: This choice indicates moderate alcohol consumption but still a risk. Drinking once a week, having 2-3 drinks in one sitting, occasionally feeling intoxicated, experiencing negative consequences sometimes, and receiving occasional expressions of concern from others suggest that alcohol may be a part of your life, but it's not necessarily causing major issues. Continuation down this road will definitely grow to a higher dependency.

Mostly D's: This choice suggests low to moderate alcohol consumption but again, still risk. Drinking a few times a month, having only one drink in one sitting, rarely feeling intoxicated, experiencing negative consequences infrequently, and never receiving expressions of concern from others indicate that alcohol likely plays a minor role in your life and isn't causing significant problems right now but like I mentioned above, has the potential to increase your dependency.

Mostly E's: This choice indicates abstaining from alcohol or very minimal consumption. If you chose this option for all questions, it suggests that alcohol does not play a significant role in your life, and you likely have minimal to no risk associated with alcohol consumption. Alcohol addiction is progressive. It is not inherited nor your fault. The evidence suggests that this addiction is a result of nurture not nature. What happens in our brains and bodies when we drink makes it all too easy to become addicted.

Remember, this quiz is just a tool for self-reflection and is not a substitute for professional advice. If you're concerned about your alcohol consumption, consider booking a FREE discovery call with me to see if we could work together to get you your freedom or speak with a healthcare professional.