

# ALCOHOL MODERATION ASSESSMENT

PLEASE ANSWER **YES** OR **NO** TO THE FOLLOWING QUESTIONS:

	YES	NO
1. Do I have more than two drinks a day for men/one for women?		
2. Has my alcohol use been increasing?		
3. When I drink do I have a hard time stopping?		
4. Do I have any medical issues?		
5. Am I taking any medication?		
6. Have there been repeated consequences from my alcohol use?		
7. Have I experienced trauma or have a PTSD diagnosis?		
8. Am using alcohol to change my mood?		
9. Has my alcohol use negatively affected my loved ones?		
10. Do I have any mental health concerns?		
11. Do I use any other non-prescribed mood altering substances?		
12. Do I have any legal, probationary, or work issues?		
13. Was I raised in a heavy drinking environment?		
14. Have I had withdrawals from drinking?		
15. Do I have elevated liver enzymes?		
16. Have I experienced blackouts?		
17. Was my first drink before age 15?		
18. Will I review my alcohol use with my support system?		
19. Do I have alcohol-free outlets or hobbies?		
20. Am I willing to go through a period of abstinence?		

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## SCORING THE ALCOHOL MODERATION ASSESSMENT

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- For questions one through fourteen, give yourself one point for any “yes” answers.

POINTS: \_\_\_\_\_

- For questions fifteen to seventeen, give yourself two points for any “yes” answers.

POINTS: \_\_\_\_\_

- For questions eighteen to twenty, subtract a point for any “yes” answers.

POINTS: \_\_\_\_\_

Total your points. The amount reflects your likelihood of being able to successfully practice alcohol moderation.

**TOTAL POINTS:** \_\_\_\_\_

<b>&lt; 0 Points</b>	<b>Good</b>
<b>1-5 Points</b>	<b>Fair</b>
<b>6-10 Points</b>	<b>Poor</b>
<b>&gt;11 Points</b>	<b>Unlikely</b>