

**The State Bar of California
Lawyer Assistance Program (LAP)
877-LAP 4 HELP (877-527-4435)**

THE TWENTY QUESTIONS
Of Alcohol/Drug Abuse

- YES 1. Do you lose time from work due to drinking/using?
- NO

- YES 2. Is drinking/using making your home life unhappy?
- NO

- YES 3. Do you drink/use because you are shy with other people?
- NO

- YES 4. Is drinking/using affecting your reputation?
- NO

- YES 5. Have you ever felt remorse after drinking/using?
- NO

- YES 6. Have you had financial difficulties as a result of drinking/using?
- NO

- YES 7. Do you turn to inferior companions and environments when drinking/using?
- NO

- YES 8. Does your drinking/using make you careless of your family's welfare?
- NO

- YES 9. Has your ambition decreased since drinking/using?
- NO

- YES 10. Do you crave a drink/drug at a definite time of day?
- NO

- YES 11. Do you want a drink/drug the next morning?
- NO

- YES 12. Does drinking/using cause you to have difficulty sleeping?
- NO

- YES 13. Has your efficiency decreased since drinking/using?
- NO

- YES 14. Is drinking/using jeopardizing your job or business?
- NO

- YES 15. Do you drink/use to escape worries or trouble?
- NO

- YES 16. Do you drink/use alone?
- NO

- YES 17. Have you ever had a loss of memory as a result of drinking/using?
- NO

- YES 18. Has your physician ever treated you for drinking/using?
- NO

- YES 19. Do you drink/use to build up self-confidence?
- NO

- YES 20. Have you ever been to a hospital or institution (jail, etc.) because of drinking/using?
- NO

If you answered YES to any one of these questions, there is a DEFINITE WARNING that you have a problem with alcohol/drugs.

If you answered YES to any two of these questions, the CHANCES ARE that you have a problem with alcohol/drugs.

If you answered YES to three or more of these questions, you DEFINITELY have a problem with alcohol/drugs.

CALL THE LAP FOR MORE INFORMATION OR ASSISTANCE

ALL CALLS ARE CONFIDENTIAL

(877) LAP-4-HELP

> DON'T WAIT <

Disclaimer – *This self-assessment is not intended to take the place of a professional evaluation. If you have any questions or concerns, you should talk to a mental health professional.*