

# Alcohol awareness risk assessment

## 1. How often do you have a drink containing alcohol?

- ☐ Never – 0 points
- ☐ Monthly or less – 1 point
- ☐ 2 to 4 times a month – 2 points
- ☐ 2 to 3 times a week – 3 points
- ☐ 4 or more times a week – 4 points

## 2. How many drinks containing alcohol do you have on a typical day when you are drinking?

- ☐ 1 or 2 – 0 points
- ☐ 3 or 4 – 1 point
- ☐ 5 or 6 – 2 points
- ☐ 7, 8, or 9 – 3 points
- ☐ 10 or More – 4 points

## 3. How often do you have six or more drinks on one occasion?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 4. How often during the last year have you found that you were not able to stop drinking once you had started?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 5. How often during the last year have you failed to do what was normally expected of you because of drinking?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 7. How often during the last year have you had a feeling of guilt or remorse after drinking?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 8. How often during the last year have you been unable to remember what happened the night before because of your drinking?

- ☐ Never – 0 points
- ☐ Less than monthly – 1 point
- ☐ Monthly – 2 points
- ☐ Weekly – 3 points
- ☐ Daily or almost daily – 4 points

## 9. Have you or someone else been injured because of your drinking?

- ☐ No – 0 points
- ☐ Yes, but not in the last year – 2 points
- ☐ Yes, during the last year – 4 points

## 10. Has a relative friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?

- ☐ No – 0 points
- ☐ Yes, but not in the last year – 2 points
- ☐ Yes, during the last year – 4 points

Your total points:

0 to 7 points	Low Risk
8 to 15 points	Medium Risk
16 to 19 points	High Risk
20 to 40 points	Addiction Likely

## Concerned about your score?

Reach out to a Health Advocate Licensed Counselor for support and guidance.

Sources:

Health Advocate Member Website

National Institute on Drug Abuse [drugabuse.gov](https://www.drugabuse.gov)