

Can You Moderate?

When it comes to changing your relationship with alcohol, you can try to moderate your use or quit altogether. However, for most people, it is much easier to just stop drinking than it is to temper their use. To see if moderation is possible for you, answer the following questions. Be sure to answer honestly. This quiz will not be accurate if you are dishonest. If you notice yourself exaggerating the truth or trying to justify why you don't meet a certain criterion, this is a very good sign that you need to explore this further.

- _____ 1. Have you ever been physically addicted to alcohol, meaning that you experienced withdrawals when you stopped?
Yes (+5) No (0)
- _____ 2. Do you have anxiety, depression, or another mental health issue?
Yes (+2) No (0)
- _____ 3. Do you use alcohol to deal with stress?
Yes (+1) No (0)
- _____ 4. Do you have a history of trauma or PTSD?
Yes (+2) No (0)
- _____ 5. Do you drink alone?
Yes (+2) No (0)
- _____ 6. Is it common for you to black out while drinking?
Yes (+3) No (0)
- _____ 7. Do you use alcohol to deal with social anxiety?
Yes (+2) No (0)
- _____ 8. Are your close friends, your spouse, your immediate family, or the people you spend a lot of time with moderate to heavy drinkers?
Yes (+2) No (0)
- _____ 9. Do you have hobbies or interests outside of drinking?
Yes (-1) No (0)
- _____ 10. Were you raised in an environment where there was heavy drinking?
Yes (+2) No (0)
- _____ 11. Is there a history of substance use issues in your family?
Yes (+2) No (0)

- _____ 12. Have you encountered legal, probationary, school, or work trouble because of your drinking?
Yes (+3) No (0)
- _____ 13. Do you have an eating disorder or a history of one?
Yes (+1) No (0)
- _____ 14. Do you have a history of using other non-prescribed substances?
Yes (+1) No (0)
- _____ 15. Was your first drink before the age of 15?
Yes (+1) No (0)
- _____ 16. Has your drinking negatively impacted your relationships or loved ones?
Yes (+2) No (0)
- _____ 17. Do you drink every day?
Yes (+2) No (0)
- _____ 18. Do you have any medical issues?
Yes (+2) No (0)
- _____ 19. Are you a binge drinker?
Yes (+2) No (0)
- _____ 20. Have you been to an inpatient facility or detox center for drinking?
Yes (+3) No (0)
- _____ 21. Has your alcohol use been increasing to get the same effect?
Yes (+2) No (0)
- _____ 22. When you drink, do you have a hard time stopping?
Yes (+3) No (0)
- _____ 23. Have you tried to cut back on drinking and been unable to?
Yes (+2) No (0)
- _____ 24. Have you lost interest in your regular hobbies or blown off commitments or friends so you can continue drinking?
Yes (+2) No (0)

- _____ 25. Do you experience feelings of shame or guilt due to drinking?
Yes (+1) No (0)
- _____ 26. Do you have a group of supportive people in your life you can rely on?
Yes (-2) No (0)
- _____ 27. Do you have people in your life with whom you can do things that don't
involve drinking?
Yes (-1) No (0)
- _____ 28. Are you willing to tell people in your life you want to cut back on drinking so
they can support you?
Yes (-2) No (0)

To calculate your total score, add up your answers, making sure to subtract any points from your score that have a minus sign.

Total score: _____

Scoring Key

9 and below: You may be able to successfully moderate your drinking. You have the best shot of making this work by increasing your coping skills, working on your mental health, and being intentional about the times you choose to drink.

10–30: It's unlikely that you will be able to effectively moderate. You may be able to do it for periods of time, but it will likely be based on willpower, and you will slip back into old patterns. If you do not want to become abstinent, you will likely always fall back into drinking too much. Your alcohol use could stay the same or it could continue to get worse, and you could eventually advance to a score over 30.

31–50: It is extremely unlikely you will be able to successfully moderate. Even if you do work on yourself and heal some of the deeper issues causing you to drink, your drinking has progressed to the point where that habit is so worn down, it will be nearly impossible to moderate.

What was it like answering the questions from the quiz?

After reading through the scoring information, how do you feel about the score you received?