

Twenty Questions for Problem Drinkers

By Michael Sweeney and Meloney Crawford Chadwick

Lawyers are trained in problem identification, but when it comes to identifying alcoholism, a few basic questions will suffice. The following four-question test will assist you in determining whether you, a client, or a colleague has a problem with alcohol, and was developed by Dr. John Ewing for use during National Alcoholism Screening Day.

1. Have you ever felt that you should cut down on your drinking?
2. Have people annoyed or angered you by criticizing your drinking?
3. Have you ever felt bad or guilty from your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Two or more positive answers to the four questions represent a 90 percent accuracy rate for alcoholism. However, if a more detailed interview is called for, the following test is available..

| Twenty Questions for Problem Drinkers | Yes | No |
|--|-----|----|
| 1. Do you lose time from work due to drinking? | | |
| 2. Is drinking making your home life unhappy? | | |
| 3. Do you drink because you are shy with other people? | | |
| 4. Is drinking affecting your reputation? | | |
| 5. Do you ever feel guilty about your drinking? | | |
| 6. Have you ever gotten into financial difficulties as a result of your drinking? | | |
| 7. Do you worry that you have a problem with alcohol? | | |
| 8. Do you ever drink more than you intend to consume? | | |
| 9. Do you want a drink the next morning? | | |
| 10. Have you gotten into physical fights when drinking? | | |
| 11. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative? | | |
| 12. Has your efficiency decreased since you've been drinking? | | |
| 13. Have you ever lost friends because of your drinking? | | |
| 14. Is drinking jeopardizing your job or business? | | |
| 15. Is drinking affecting your sleep pattern? | | |
| 16. Do you drink to escape worries or troubles? | | |
| 17. Do you drink alone? | | |
| 18. Have you ever had a complete loss of memory as a result of drinking? | | |
| 19. Have you ever been to a hospital, institution or had medical problems related to drinking? | | |
| 20. Have you ever been arrested or taken into custody, even for a few hours, because of behavior while drinking (i.e. drinking, domestic violence, etc)? | | |

Michael Sweeney and Meloney Crawford Chadwick are program attorneys at the Oregon Attorney Assistance Program.
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A "yes" answer to any question indicates a drinking problem, and three or more positive answers provides a high degree of certainty that one is an alcoholic. A more detailed, confidential assessment can be done through Lawyers Concerned For Lawyers. Please call **Coe Swobe**, Coordinator for **Lawyers Concerned For Lawyers**.

Toll-Free **1-866-828-0022** or **775-322-2154**

what is **LCL**?

Lawyers Concerned for Lawyers has existed in Nevada since 1985; in April 2001, the State Bar officially took it under its wing. The organization is dedicated to helping State Bar members recover from alcohol and drug addiction, compulsive gambling, stress, and depression. LCL does not police, discipline or otherwise threaten the career or reputation of an attorney or judge who seeks help. The purpose of LCL is to prevent a ruined career or reputation by providing help before the damage is done.

LCL's services are discreet and absolutely confidential and are available at no charge.

who is **Coe Swobe**?

Coe is an attorney and recovering alcoholic who's dedicated himself to helping fellow lawyers for more than 20 years. He's a graduate of UNR and went to law school in Denver. From 1962 to 1974, he served two Assembly terms, two Senate terms and was minority leader of each house, and was a member of the State Bar of Nevada's Board of Governors from 1990 to 2000. Coe is LCL's coordinator and is available to all those seeking help, for themselves or others.

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866-828-0022

Or

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Coe Swobe, LCL Coordinator

- Leave your first name and telephone number.
- A fellow lawyer, who's also had problems, will call you back. You'll be listened to with an understanding heart rather than scorn, judgment and condemnation.
- You can talk frankly. The person returning your call is solving problems just like yours, and is living happily and usefully doing so.

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Confidential assistance with a drug, alcohol, depression, stress or gambling problem is a phone call away

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