

# High-Functioning Alcoholism Questionnaire: Am I an Alcoholic?

by Robert Alexander Center | May 14, 2023 | Blog



Are you constantly worried about your [alcohol consumption](#) but not sure if it is damaging to your health or whether it could be classed as alcoholism? It can be difficult to know when and what kind of help may be needed, so exploring the signs and symptoms associated with the condition of [high-functioning alcoholism](#) can help.

Go through this self-assessment questionnaire to find out if you could be a high-functioning alcoholic:

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about 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 (eye-opener)?
5. Does your drinking interfere with taking care of your home or family?
6. Do you ever turn to alcohol for comfort or to make yourself feel better?
7. Do you ever drink alone?
8. Do you hide bottles of alcohol so people won't know how much you're drinking?
9. Do you ever feel angry when others suggest that you may have a drinking problem?
10. Do you ever feel like your life would be better if you didn't drink?
11. Has your drinking caused problems at work or school?
12. Has your drinking led to financial problems?
13. Have you gotten into physical fights while drinking?
14. Have you ever blacked out or forgotten what happened while you were drinking?
15. Has your drinking led to legal problems, such as being arrested for drunk driving or public intoxication?

If you answered yes to any of these questions, it is important to consider seeking professional help. A healthcare provider can assess your individual situation and provide you with the best advice for further action.

Remember that drinking responsibly is always better than giving in to addiction, and tackling alcohol misuse early on can reduce the risk of long-term harm both to yourself and those around you.

## Contact The Robert Alexander Center for Recovery Today

Ultimately, it's important to remember that alcoholism is a serious problem and that, if left untreated, it can have devastating effects on individuals and their families. Therefore, if you find yourself questioning whether or not you might be an alcoholic, please consider seeking help.

The [Robert Alexander Center for Recovery](#) specializes in understanding the complexities of addiction and providing individuals with personalized treatment plans. There is hope, a long road ahead; but having someone beside you every step of the way can make all the difference—never forget that!

Remember: there is always strength in numbers when it is supported by professionals who understand what you are going through and are dedicated to helping you get the best outcome from your own unique journey.

Contact us at the [Robert Alexander Center for Recovery](#) – let us assist you on this difficult but rewarding road to lasting sobriety.



The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

### Site Map

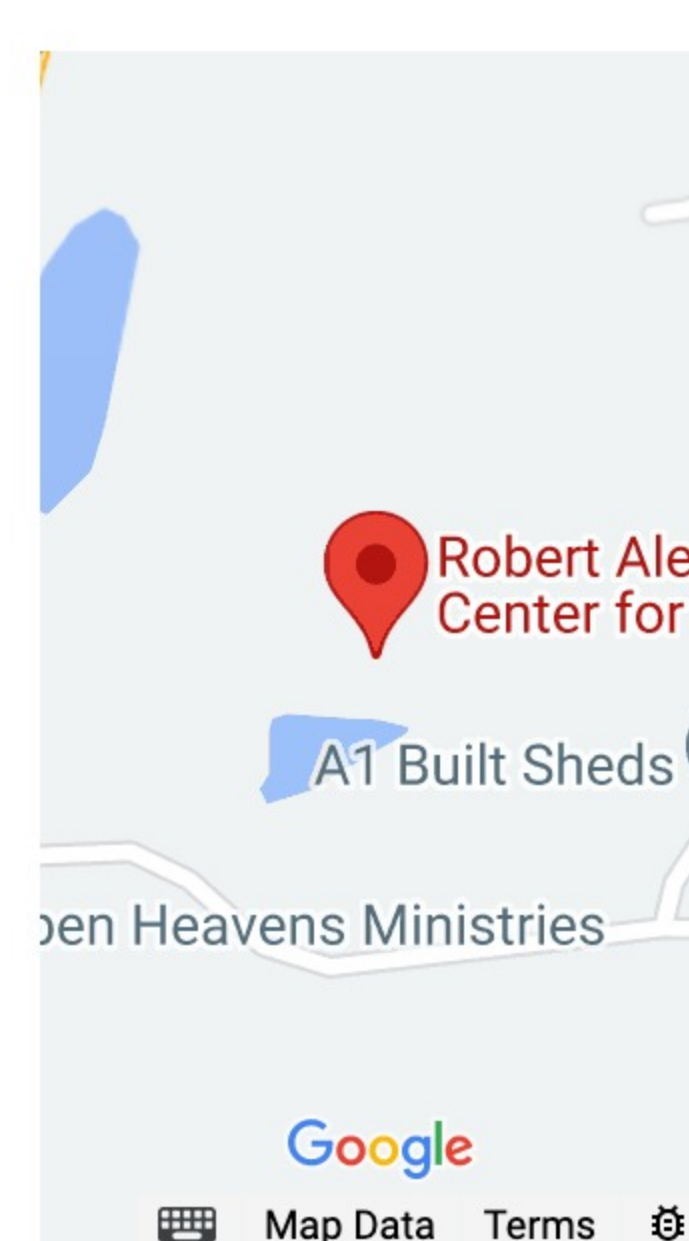
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130 Hope Street  
Mount Washington,  
Kentucky 40047



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### Who We Help

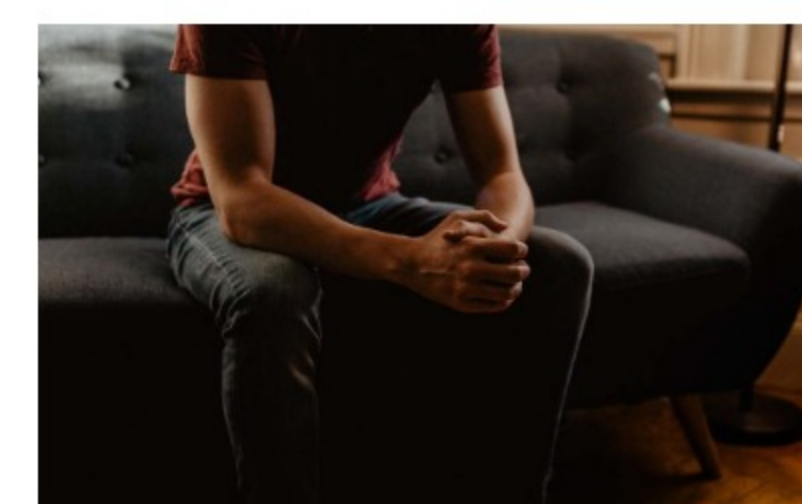
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- [30 Day Drug Rehab Program](#)
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[Achieving Lasting Sobriety: Tips for Setting Goals Post-Rehabilitation Treatment](#)



[Choosing the Right Rehab Treatment: Comparing Outpatient and Inpatient Options](#)

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