

## Quiz: Alcohol IQ\*

Think you know a lot about alcohol and drinking? Take this “bar exam” on health, designated driving, fetal alcohol syndrome, drunk driving, and other alcohol-related topics. See the answers below the quiz to analyze your alcohol IQ.

Read each question and answer true or false.

1. Compared to a bottle of beer, a glass of white wine is a good choice for someone who wants a light drink with less alcohol.
2. Drinking black coffee is a good way to “sober up.”
3. The Puritans loaded more beer than water onto the *Mayflower* before they sailed for the New World.
4. The Women’s Christian Temperance Union still exists.
5. Switching among beer, wine, and spirits will lead to intoxication more quickly than sticking to one form of alcohol beverage.
6. High-protein foods such as peanuts and cheese slow the absorption of alcohol into the body.
7. The more educated people are in the United States, the more likely they are to drink alcoholic beverages.
8. Although smaller, a glass of wine contains more alcohol than a can of beer.

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\* This quiz was excerpted from a post created by David J. Hanson, Ph.D., of the State University of New York at Potsdam, [www.alcohol.bitglyph.com](http://www.alcohol.bitglyph.com) (2007).

9. Distillation was developed during the Middle Ages.
10. It's okay to drive when you've been drinking, if you believe you are sober.

### *Answers*

1. **False.** A typical glass of red or white wine, a bottle of beer, or a drink of spirits (rum, whiskey, tequila, and so on) each contains an almost identical amount of pure alcohol.
2. **False.** Unfortunately, only time will help a drunk person get sober. On average, the body needs about one hour to “burn off” any typical drink. Alcohol typically stays in your system for ten hours.
3. **True.** The Puritans, including their children, enjoyed beer, wine, and liquor in moderation. It was the rare Puritan who did not imbibe some form of alcohol.
4. **True.** The Women's Christian Temperance Union, which was formed during the Prohibition Era, is currently a nationwide organization of twenty-five thousand members and actively attempts to influence public policy concerning alcohol. For example, it is currently active in efforts to ban all ads for alcoholic beverages from TV.
5. **False.** The level of blood alcohol content is what determines sobriety or intoxication. Remember that standard drinks of beer, wine, and spirits contain equivalent amounts of alcohol.
6. **True.** Eating, especially high-protein foods, and carefully pacing the consumption of drinks can help prevent or delay intoxication.
7. **True.** The more educated people are, the more likely they are to drink.
8. **False.** The typical bottle of beer, glass of wine, and drink of spirits has about the same amount of alcohol. To a breathalyzer, they are the same.
9. **True.** The resulting alcohol was called aqua vitae, or “water of life.”
10. **False.** Protect others and yourself by never driving when you've been drinking, regardless of how you may feel. It's always best to use a designated driver.

## Quiz: Identify Your Pain

One of the first questions I ask female alcoholics is “What is it that hurts so badly?” It might be a combination of the types of pain I mentioned, or it could be all five of them. Once you identify your pain, you can begin to break the cycle, and then you can move on to the next step in the Core Recovery Process. Putting a name to a hurt will help you address it and find healthier ways to deal with all of your feelings without taking a drink.

Take the following quiz to see if you can identify the pain that you have experienced.

1. Are you frequently in some kind of physical pain?
2. Do you suffer regularly from headaches or migraines?
3. Do you get irritable before and during your period?
4. Have you been diagnosed with a chronic disease or illness?
5. Do you have trouble walking?
6. Are you extremely underweight or obese?
7. Do you get hot flashes and night sweats?
8. Do you feel sad most of the time?
9. Have you ever contemplated suicide?
10. Do your moods often fluctuate from extremely high to plunging lows?
11. Have you lost interest or pleasure in activities you used to enjoy?
12. Do you have trouble sleeping at night?

13. Do you have difficulty concentrating?
14. Have you had a sudden change of appetite?
15. Have you been verbally insulted or physically assaulted?
16. Were you sexually abused as a child?
17. Are you estranged from your parents or siblings?
18. Do you feel bored at home, in the workplace, or at school?
19. Did your husband or partner leave you?
20. Do you often fantasize about getting revenge on someone who has slighted you?
21. Do you feel as though you never get a fair shake in life?
22. Are you embarrassed about the way you look?
23. Do you feel as if no one understands you?
24. Are you being bullied or harassed at school or at work?
25. Would you rather stay home alone than go out to parties or other social gatherings?
26. Do you find it difficult to meet new people?
27. Do you feel as if you are different from everyone else?
28. Do you have trouble maintaining friendships or romantic relationships?
29. Do you feel as if your life has no meaning or purpose?
30. Has there been a tragedy in your life?
31. Has someone close to you passed away?
32. Do you sometimes feel that you are unworthy of success or happiness?
33. Have you lost your faith in God or in a higher power?
34. Are you plagued with a feeling of hopelessness?

## Answers

**Physical Pain (1–7):** If you answered “yes” to one or more of the first seven questions, then you are in physical pain. If the cause has not yet been diagnosed by a doctor, I suggest that you see a physician. If you don’t have a personal physician, ask someone you trust for references. Similar to my friend with lupus who was unaware of her disease, you need to get the proper treatment to alleviate your discomfort or eliminate the problem so you that don’t self-medicate with alcohol or drugs.

**Mental Pain (8–14):** If you answered “yes” to one or more of these questions, you may be suffering from what I call mental pain. As I mentioned earlier, mental pain is one of the most common reasons women turn to alcohol for comfort. It is often difficult to self-diagnose because you know *something* is wrong, but you can’t always put your finger on the problem. Sleepless nights, mood swings, and changes in appetite are red flags that might indicate a more serious psychological problem. If you experience a number of these symptoms or have suicidal thoughts, you need to get professional help (see the Resources at the back of the book for help locating a mental health provider in your area).

**Emotional Pain (15–21):** If you are being abused by a parent, a spouse, a partner, or a relative; if you’ve been left by a spouse or a partner; or if you feel as though the world is against you, you are in emotional pain. Feelings of disappointment, alienation, or rejection are all types of emotional pain. Make no mistake, emotional pain can hurt as much as, if not more than, physical pain. As with mental distress, alcohol will help dull your feelings at first, but emotional pain needs to be treated with talk therapy or a combination of therapy and doctor-prescribed medications, if necessary.

**Social Pain (22–28):** If you answered “yes” to one or more of these questions, you are experiencing social pain, which can affect anyone at any age but occurs more frequently when we are older. For this type of pain, which is marked by loneliness and isolation, telling someone whom you trust what’s going on in your life is the first step toward getting help. Make it a point to find places to connect with other people, such as civic clubs, houses of worship, PTA meetings, or volunteer organizations. A great way to remedy social pain is by helping others.

**Spiritual Pain (29–34):** If you answered “yes” to one or more of these questions, you are having a spiritual crisis. Having a loss of faith or a crisis of confidence in oneself and one’s purpose in life, what the French call *raison d’être* (“reason for

being”), is one of the most difficult kinds of pain to treat because it is so deeply profound and personal. I recommend that those in spiritual pain consult a clergy person or a therapist or join a support group such as Alcoholics Anonymous or Al-Anon or another organization with members who will understand what you are going through and will help you to find out what your passion and purpose in life are.

## **SAMPLE BEHAVIOR CONTRACT**

Behavior expectations are:

1. \_\_\_\_\_
2. \_\_\_\_\_

Privileges for meeting the conditions of the contract:

1. \_\_\_\_\_
2. \_\_\_\_\_

Consequences/restrictions for failing to meet the conditions of the contract:

1. \_\_\_\_\_
2. \_\_\_\_\_

I understand that I must meet all of the behavior expectations in order to earn all of my privileges each day. Failure to meet the behavior expectations will result in the consequences/restrictions specified. Privileges and/or consequences will be earned on the same or the following day.

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Child's Signature

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Parent's Signature

For more information on prewritten behavior contracts, go to [www.parentcoachplan.com](http://www.parentcoachplan.com). or [www.teenbehaviorcontracts.com](http://www.teenbehaviorcontracts.com).



## **What Are the Symptoms of ADHD?**

The symptoms of ADHD fall into three groups:

1. Lack of attention (inattentiveness)
2. Hyperactivity
3. Impulsive behavior (impulsivity)

Some children with ADHD primarily have the inattentive type; others may have a combination of types. Those with the inattentive type are less disruptive and are more likely not to be diagnosed with ADHD.

### **Inattentive Symptoms**

- Fails to give close attention to details or makes careless mistakes in schoolwork

- Has difficulty keeping attention during tasks or play
- Does not seem to listen when spoken to directly
- Does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace
- Has difficulty organizing tasks and activities
- Avoids or dislikes tasks that require sustained mental effort (such as schoolwork)
- Often loses toys, assignments, pencils, books, or tools needed for tasks or activities
- Is easily distracted
- Is often forgetful in daily activities

## Hyperactivity Symptoms

- Fidgets with hands or feet or squirms in seat
- Leaves seat when remaining seated is expected
- Runs about or climbs in inappropriate situations
- Has difficulty playing quietly
- Is often "on the go," acts as if "driven by a motor," talks excessively

## Impulsivity Symptoms

- Blurts out answers before questions have been completed
- Has difficulty awaiting his or her turn
- Interrupts or intrudes on others (butts into conversations or games)

# Quiz: The Audit Test\*

Take the following quiz if you're wondering whether you or someone you know has had a drinking problem within the last year. Answer the ten questions below honestly (you're the only one who has to see this right now). This quiz could save your life. You can also give this quiz to someone whom you think might have a problem, as a way to open up a conversation about getting help.

Circle the answer that is correct for you:

1. How often do you have a drink containing alcohol?
  - a. Never
  - b. Once a month or less
  - c. 2 to 4 times a month
  - d. 2 to 3 times a week
  - e. 4 or more times a week

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\* The Audit Test and the Lifetime Test are based on the Alcohol Use Disorders Identification Test (AUDIT) and CAGE tests that appeared in the April 2005 issue of *Alcohol Alert*, published by the U.S. Department of Health and Human Services, the National Institutes of Health, and NIAAA. J. A. Ewing, "Detecting Alcoholism: The CAGE Questionnaire," *Journal of the American Medical Association* 252, no. 14 (1984): 1905–1907; J. B. Saunders, O. G. Asland, T. F. Babor, et al., "Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption-II," *Addiction* 88 (1993): 791–804.

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
  - a. 1 or 2
  - b. 3 or 4
  - c. 5 or 6
  - d. 7 to 9
  - e. 10 or more
3. How often do you have six or more drinks on one occasion?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week
4. How often during the last year have you found that you were not able to stop drinking once you started?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week
5. How often during the last year have you failed to do what was normally expected of you because of drinking?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week
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?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
  - a. Never
  - b. Less than monthly
  - c. Monthly
  - d. 2 to 3 times a week
  - e. 4 or more times a week
9. Have you or has someone else been injured as a result of your drinking?
  - a. No
  - b. Yes, but not in the last year
  - c. Yes, during the last year
10. Has a relative or a friend or a doctor or other health-care worker been concerned about your drinking or suggested that you cut down?
  - a. No
  - b. Yes, but not in the last year
  - c. Yes, during the last year

## Scoring

For questions 1–8, scores range from 0 to 4  
(a = 0; b = 1; c = 2; d = 3; e = 4).

For questions 9–10, scores range from 0 to 4  
(a = 0; b = 2; c = 4).

Pain



Coping



Self-Esteem



Positive Consequences



Resiliency

Here are ten helpful tips for talking to your kids about alcoholism:

1. Start early, but give age-appropriate information.
2. Initiate the conversation with your child.
3. Create an open environment.
4. Communicate your new values.
5. Listen to your child.
6. Try to be honest.
7. Be patient.
8. Use everyday opportunities as "teachable moments."
9. Do not be defensive if your child expresses anger.
10. Talk about it again and again and again.

## TIPS FOR A SUCCESSFUL INTERVENTION

To recap, following are some tips for planning an intervention, which might just help save your loved one's life:

1. Hire a professional interventionist. Evidence shows that interventions work best when directed by someone who specializes in addictions. Check the intervention specialist's background and ask for recommendations before you hire him or her.
2. Base the intervention on what has happened in the alcoholic's life, such as stealing, lying, neglect, or being arrested for driving under the influence. Research shows that an alcoholic is more willing to admit to her drinking problem and get help after a particular incident has occurred.
3. Make sure she is not drinking during the intervention. If possible, choose a time (mornings are best) and a place where you are certain she cannot obtain alcohol. If there are any signs of recent alcohol use, it's best to reschedule the intervention.



4. Be patient. The alcoholic will likely yell, scream, argue, and deny everything that's being said during the intervention (or she might completely shut down and withdraw). Stay calm and let the intervention specialist handle any conflicts that arise. The success of an intervention depends greatly on the willingness and the ability of family and friends to confront the addict. The alcoholic may resent you after the intervention, even if she agrees to get treatment. If this happens, try to remain positive and keep thinking of the ultimate goal: recovery.
5. Keep in mind that an intervention is only the first step in the alcoholic's recovery, because she must now go through detox and therapy and change her life in order to remain sober. It's helpful if you and other family members attend support group meetings and group therapy with your loved one.

# Support Groups

- AA World Services, Inc.  
www.aa.org  
(212) 870-3400  
P.O. Box 459  
New York, NY 10163

If you go to the website, click the “Find a Meeting” button for a list of meetings, times, and locations in your area. If you call, ask them to mail you a list. Don’t wait for the list to arrive by snail-mail, however; ask the person on the phone to locate a meeting near you, so that you can go immediately.

- National Institute on Alcohol Abuse and Alcoholism  
www.niaaa.nih.gov  
(301) 443-3860  
5635 Fishers Lane, MSC 9304  
Bethesda, MD 20892-9304

*National Institute on Alcohol Abuse and Alcoholism: A Women's Health Issue Brochure*

<http://pubs.niaaa.nih.gov/publications/brochurewomen/women.htm>

- Narcotics Anonymous World Services  
www.na.org  
(818) 773-9999  
P.O. Box 9999  
Van Nuys, CA 91409
- Al-Anon Family Group Headquarters, Inc. (also for Alateen)  
www.al-anon.org  
(888) 425-2666  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617
- Cocaine Anonymous World Services  
www.ca.org  
(310) 559-5833  
21720 S. Wilmington Avenue, Suite 304  
Long Beach, CA 90810-1641

- Co-Dependents Anonymous Fellowship Services Office  
www.coda.org  
(888) 444-2359  
P.O. Box 33577  
Phoenix, AZ 85067-3577
- National Association for Children of Alcoholics  
www.nacoa.org  
888-55-4COAS  
10920 Connecticut Avenue, Suite 100  
Kensington, MD 20895
- Families Anonymous, Inc.  
www.familiesanonymous.org  
(800) 736-9805  
P.O. Box 3475  
Culver City, CA 90231-3475
- Overeaters Anonymous, Inc.  
www.oa.org  
505-891-2664  
P.O. Box 44020  
Rio Rancho, NM 87174-4020

## Other Links

- Link to alcohol screening: <http://pubs.niaaa.nih.gov/publications/aa65/AA65.pdf>
- Link to drug abuse screening test: [www.drtepp.com/pdf/substance\\_abuse.pdf](http://www.drtepp.com/pdf/substance_abuse.pdf)
- The *Addiction Recovery Guide: Resources* includes evaluations, treatment options, sober living facilities, and more: [www.addictionrecoveryguide.org](http://www.addictionrecoveryguide.org)
- Addiction and recovery information for individuals, families, and health professionals; resources include self-assessments, definitions, and introductions to twelve-step programs: [www.addictionsandrecovery.org](http://www.addictionsandrecovery.org)

# Treatment Centers

- Austin Recovery  
Austin, TX  
(800) 373-2081; (512) 697-8600  
[www.austinrecovery.org](http://www.austinrecovery.org)
- Betty Ford Center  
Rancho Mirage, CA  
(800) 434-7365; (760) 773-4100  
[www.bettyfordcenter.org](http://www.bettyfordcenter.org)
- Hazelden  
Center City and Plymouth, MN, and Newberg, OR  
(800) 257-7810  
[www.hazelden.org](http://www.hazelden.org)
- Marin Services for Women  
Greenbrae, CA  
(866) 924-2220; (415) 924-5995  
[www.marinservicesforwomen.org](http://www.marinservicesforwomen.org)
- Orchid Recovery Center for Women  
Palm Springs, FL  
(888) 672-4435; (561) 433-2336  
[www.orchidrecoverycenter.com](http://www.orchidrecoverycenter.com)
- The Ranch at Dove Tree  
Collegiate Treatment Program  
Lubbock, TX  
Phone: (800) 218-6727; (806) 746-6777  
[www.ranchatdovetree.com](http://www.ranchatdovetree.com)
- The Meadows  
Wickenburg, AZ  
(866) 807-3778  
[www.themeadows.org](http://www.themeadows.org)
- Residence Twelve  
Kirkland, WA  
(800) 776-5944; (425) 823-8844  
[www.residencexii.org](http://www.residencexii.org)