

15 Signs of a High-Functioning Alcoholic

Please complete the following quiz by selecting the most accurate response/answer to the statements and questions below:

- Rates of alcohol use changed during the pandemic by:
 - Falling by 14%
 - No change
 - Increasing by 14%
 - Increasing by 24%
- Online alcohol sales during the pandemic increased by:
 - 64%
 - 105%
 - 234%
 - 265%
- The Center for Disease Controls (CDC) recommends adults should limit drinking in one day to two or less drinks for men and one drink or less for women.
 - True
 - False
- Binge drinking is defined as consuming five or more alcoholic beverages per occasion for women and six or more for men.
 - True
 - False
- Self-imposing a limit on drinking when socializing is a sign that someone is a high-functioning alcoholic.
 - True
 - False
- Alcoholics tend to have mood swings that can escalate to dramatic, severe personality changes.
 - True
 - False
- Alcoholics tend to become increasingly anxious and irritable as the effects of alcohol wear off.
 - True
 - False
- Alcoholics drink more than non-alcoholics because they know how to cope with hangovers, and often do not experience hangovers.
 - True
 - False
- Functional alcoholics tend to compartmentalize their lives.
 - True
 - False
- One of the best things to do for a loved one you suspect of having an alcohol problem is to seek help through residential or intensive outpatient treatment, both of which will connect them with an addiction specialist and supportive community through Alcoholics Anonymous (AA) or SMART Recovery.
 - True
 - False

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- 1) Read the article on pages 22-24.
- 2) Answer the quiz questions on page 25. Each question has only one correct answer.
- 3) Send completed quiz along with this form and \$45 processing fee.

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