

SPECIAL SECTION TREATMENT ISSUES FOR WOMEN ONLY

The number of women seeking treatment for alcoholism and other addictions is rising steadily. IACCB is reprinting for your use; two tools that may be of help to you as you work with these patients/clients.

The first is a questionnaire designed for women only. Our thanks and acknowledgement to Scripps Memorial Hospital's Alcoholism Treatment Center who developed the questionnaire. The second is a chart showing and comparing the progression of the illness in males versus females. Our thanks and acknowledgement to Jane James for her pioneering work in this area.

IACCB hopes this questionnaire and chart prove useful to you. Please give us your feedback on this SPECIAL SECTION OF IACCB ACTION. Thank you.

FOR WOMEN ONLY

Do you have a drinking problem? Ask yourself the following questions and answer them as honestly as you can to determine whether you may need help.

1. Do you try to get someone to buy liquor for you because you are ashamed to buy it for yourself?
2. Do you buy liquor at different places so no one will know how much you purchase?
3. Do you hid the empties and dispose of them secretly?
4. Do you plan in advance to "reward" yourself with a little drinking bout after you have worked very hard in the house?
5. Are you often permissive with your children because you feel guilty about the way you behaved when you were drinking?
6. Do you have "blackout" periods about which you remember nothing?
7. Do you ever phone the hostess of a party the next day and ask if you hurt anyone's feelings or made a fool of yourself?
8. Do you find cigarette holes in you clothes or the furniture and cannot remember when it happened?
9. Do you take an extra drink or two before leaving for a party when you know liquor will be served there?
10. Do you often wonder if anyone knows how much you drink?
11. Do you feel wittier or more charming when you are drinking?
12. Do you feel panicky when faced with non-drinking days such as a visit to an out-of-town relative?

13. Do you invent social occasions for drinking such as inviting friends to lunch, cocktails or dinner?
14. When others are present, do you avoid reading articles or seeing movies or TV shows about women alcoholics – but read and watch them when no one is around?
15. Do you ever carry liquor in your purse?
16. Do you become defensive when someone mentions your drinking?
17. Do you become irritated when an unexpected guest reduces your liquor supply?
18. Do you drink when under pressure or after an argument?
19. Do you try to cover up when you cannot remember promises and feel ashamed when you misplace or lose things?
20. Do you drive even though you have been drinking but feel certain you are in complete control of yourself?

If you answered YES to any one of the questions, there is a definite warning that you may become alcoholic. If you answered YES to any two, the chances are that you are an alcoholic. If you answered YES to three or more, you are definitely alcoholic.