

TRANQUILITY HOME

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**Is someone's drinking getting to you?**

**Millions of people are affected by the excessive drinking of someone close.**

**The following questions are designed to help you decide whether or not you need Help:**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| 1.     Do you worry about how much someone else drinks? |   |   |
| 2.     Do you feel if the drinker loved you, he or she would stop drinking to please you? |   |   |
| 3.     Do you have money problems because of someone else's drinking? |   |   |
| 4.     Are plans frequently upset or cancelled or meals delayed because of the drinker? |   |   |
| 5.     Do you tell lies to cover up for someone else's drinking? |   |   |
| 6.     Do you secretly try to smell the drinker's breath? |   |   |
| 7.     Do you blame the drinker's behaviour on his or her companions? |   |   |
| 8.     Do you search for hidden alcohol? |   |   |
| 9.     Do you make threats, such as "If you don't stop drinking, I'll leave you?" |   |   |
| 10.   Do you often ride in a car with a driver who has been drinking? |   |   |
| 11.   Are you afraid to upset someone for fear it will set off a drinking bout? |   |   |
| 12.   Have you refused social invitations out of fear or anxiety? |   |   |
| 13.   Have you been hurt or embarrassed by a drinker's behaviour? |   |   |
| 14.   Do you think that if the drinker stopped drinking, your other problems would be solved? |   |   |
| 15.   Are holidays and gatherings spoiled because of drinking? |   |   |
| 16.   Have you considered calling the police for help in fear of abuse? |   |   |
| 17.   Do you sometimes feel like a failure when you think of the lengths that you have gone to, to control the drinker? |   |   |
| 18.   Do you even threaten to hurt yourself to scare the drinker? |   |   |
| 19.   Do you feel angry, confused or depressed most of the time? |   |   |
| 20.   Do you feel there is no one who understands your problems? |   |   |

If you answer Yes to three or more of these questions then Tranquility Home Family Groups may be able to help you!