

The CAGE questionnaire is a simple test that checks for signs of alcohol dependence.

SCREENING QUESTIONS:

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 get over a hangover?

OTHER SIGNS:

- Experiencing temporary blackouts or short- term memory loss
- Start making excuses for why you are drinking. "I need to relax, deal with stress or just feel normal."
- Starting to drink alone or in secrecy.
- Having signs of extreme mood swings.
- Increase in tolerance of the substance.

Information provided by:



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