

MY GREY SCALE

Where you sit today and which way you're moving.

- 1 Score each question 0 to 10 for the last month.
- 2 Score them again as you would have a year ago.
- 3 Add up both columns and mark both totals on the scale.

0 Never 2 Rarely 5 Sometimes 8 Often 10 Almost Always

Go with your first honest answer. If a question asks about more than one thing, score whichever happens most.

	LAST MONTH	A YEAR AGO
1 How often do I find a reason to drink, good day or bad?		
2 How often do I drink to change how I feel?		
3 How often does one drink turn into a session I didn't plan?		
4 How often do I wake up regretting what I said, spent or missed?		
5 How often do I promise myself 'never again', then go round again?		
6 How often do I hide, play down or lie about my drinking?		
7 How often do I go quiet or put things off because of drinking?		
8 How often do I think about drinking when I'm not drinking?		
9 How often does drink decide my plans for me?		
10 How often do I tell myself I'll cut down, then don't?		
MY TOTAL OUT OF 100		

MARK YOUR TOTALS L for last month, Y for a year ago



WHICH WAY AM I MOVING? ☐ Lighter ☐ Darker

HINT This is a mirror, not a medical test. No score means you're safe. It asks about the loop, not how much you drink. For that, your GP has the AUDIT questionnaire, the proper check doctors use.