The TWEAK Test

1. How many drinks does it take to make you feel high?
   0 = Less than three
   2 = Three or more

2. Have close friends or relatives worried or complained about your drinking in the past year?
   2 = Yes
   0 = No

3. Do you sometimes take a drink in the morning when you first get up?
   1 = Yes
   0 = No

4. Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?
   1 = Yes
   0 = No

5. Do you sometimes feel the need to cut down on your drinking?
   1 = Yes
   0 = No