

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