



## Northern Light Christian Counseling

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### Does your spouse have an alcohol and/or drug problem?

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You love your spouse, but are becoming more and more concerned about his/her drinking/drug abuse. You have tried to talk about it, but your conversations degenerate into angry confrontations with no resolution. Are you making a big deal out of nothing, as your spouse says? Or is it time to seek help?

Here's a checklist given to me by a physician a few years ago. If you answer "yes" to three or more of these questions, it is time to consult with a professional counselor. He/she can help you develop a strategy for helping your spouse seek needed treatment.

1. Do you worry about your spouse's drinking/drug abuse?
2. Have you ever been embarrassed by your spouse's drinking/drug abuse?
3. Has a holiday celebration been spoiled by your spouse's drinking/drug abuse?
4. Are most of your spouse's friends heavy drinkers or drug abusers?
5. Does your spouse ever promise to stop drinking or abusing drugs without success?
6. Does your spouse's drinking/drug abuse make the atmosphere at home tense and anxious?
7. Does your spouse deny having a drinking/drug abuse problem because he/she only drinks beer?
8. Have you ever lied about your spouse's drinking/drug abuse to an employer, friend, or family member?
9. Has your spouse ever forgotten what occurred during a drinking/drug abuse episode?
10. Does your spouse avoid conversation concerning drinking/drug abuse problems?
11. Does your spouse avoid social situations in which alcohol is not served?
12. Do you ever feel guilty concerning your spouse's drinking/drug abuse?
13. Has your spouse ever operated a motor vehicle while drinking or abusing drugs?
14. Are you afraid to ride with your spouse when he/she is drinking or abusing drugs?
15. Are your children afraid of your spouse when he/she is drinking or abusing drugs?
16. Does your spouse become verbally abusive when drinking or abusing drugs?
17. Has another person ever mentioned the possibility that your spouse has a drinking/drug abuse problem?
18. Does your spouse ever apologize or feel remorse for what he/she did when drinking or using drugs?