Do you drink alcoholic beverages? If you do, please take our “TWEAK” test.

T. **Tolerance**: How many drinks can you “hold”? Record number of drinks on line at right.

W. Have close friends or relatives **Worried or Complained** about your drinking in the past year?

E. **Eye-Opener**: Do you sometimes take a drink in the morning when you first get up?

A. **Amnesia (Blackouts)**: Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?

K(C). Do you sometimes feel the need to **Cut Down** on your drinking?

**Scoring:**

To score the test, a seven-point scale is used. The tolerance question scores two points if a woman reports she can “hold” more than five drinks without passing out, and a positive response to the worry question scores two points. Each of the last three questions scores one point for positive responses. A total score of three or more points indicates the woman is likely to be a heavy/problem drinker.