

CAGE Questionnaire

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

The CAGE questionnaire is a simple screening tool to see if you might have a drinking problem. If you answer YES to 2 or more of the above then there might be an issue in need of addressing.

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