

## ALCOHOL SELF ASSESSMENT

### **Worried about yourself?**

Use this questionnaire to review your drinking behavior

### **How can I recognize signs of an Alcohol Related Problem in Myself?**

- Drinking to calm nerves, forget worries, or boost a sad mood.
- Guilt about drinking.
- Unsuccessful attempts to stop drinking.
- Lying about or hiding drinking habits.
- Causing harm to one's self or someone else as a result of drinking.
- Needing to drink increasingly greater amounts in order to achieve desired effects.
- Feeling irritable, resentful, or unreasonable when not drinking.
- Medical, social, family, or financial problems caused by drinking.
- Spending a great deal of time getting alcohol and drinking alcohol.
- Drinking in risky situations such as before driving or engaging in unwanted/unprotected sex.

### **Questionnaire Interpretation**

A "yes" to any of the above questions may indicate a reason for concern. It is recommended that you talk to a professional at the Counseling Center at 464-5002 or the counselor at the Office of Alcohol and Drug Education at 464-6820. Community resources are also available through Porter-Starke at (ph #). For other informational resources go to [www.drughelp.org](http://www.drughelp.org); or call 1-800-488-drug.

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