

## Recognizing a Problem with Alcohol

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If you are concerned about yourself, read the following statements and keep track of how many times they apply to you.

### Drinking Patterns

- \* It is difficult for you to stop drinking after you've had one or two drinks.
- \* When you drink, you always wind up drunk.
- \* Even after your friends say they've had enough alcohol, you want to continue drinking.
- \* You turn to certain "drinking buddies" or to a specific environment when you drink.
- \* You crave a drink at a specific time every day, like after class or after work.
- \* When you're out with friends, you sneak a few drinks without their knowledge.
- \* A significant part of your day is spent obtaining, consuming, or recovering from the effects of alcohol.
- \* You sometimes have a drink to help you fall asleep.
- \* You sometimes stay drunk for several days at a time.

If you have answered yes to any of the above or notice that your drinking is affecting your work, your social experiences, your family ? it's time to get help.

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