

How Do I Know If I Have a Problem?
Alcohol Self-Assessment

Yes	No	
		1. Have you ever decided to stop drinking for a week or so, but lasted only a couple of days?
		2. Do you wish people would stop nagging you about your drinking?
		3. Have you ever switched from one kind of drink to another, hoping that would keep you from getting drunk?
		4. Do you envy people who can drink without getting into trouble?
		5. Have you ever missed classes or work because of drinking?
		6. Do you often forget what happened while you were A partying@(have blackouts)?
		7. Have you been involved in fights with your friends or family while you were drunk?
		8. Do you think you are a normal drinker despite friends=comments that you drink too much?
		9. Have you done or said anything while drinking that you later regretted?
		10. Have you been in trouble with the school authorities or the campus police because of your drinking?
		11. Have you ever done poorly on an exam or assignment because of drinking?
		12. Have you destroyed or damaged property while drinking?
		13. Have you had a drink in the morning during the past year?
		14. Do you tell yourself you can stop drinking anytime you want, even though you keep getting drunk?
		15. Have you dropped or chosen friends based on their drinking habits?
		16. Do you drive while drunk?
		17. Do you ever try to get extra drinks at a party because you did not get enough to drink?
		18. Do you drink or A party@alone?
		19. Do you think about drinking a lot?
		20. Do you feel guilty or self-conscious about your drinking?

If you answered ~~A~~yes@to three or more of these questions, or if your answer to any question concerns you, you may be using alcohol in ways that are harmful. You can get help. For more information and counseling, contact The Center for Human Development at UMF (778-7034), the Student Health Center at UMF (778-7200, Alcoholics Anonymous (800-737-6237) or other community mental health resources.