

Self Assessment

How Do You Know If You Have a Drinking Problem?

Chances are if you're even asking the question, you have a problem. Not everyone who drinks regularly abuses alcohol.

You should consider getting help if you:

- ❑ Drink to calm yourself, forget worries, or reduce depression.**
- ❑ Lie or try to hide the amount or how often you drink.**
- ❑ Have personality changes when you drink.**
- ❑ Hurt yourself, or someone else while drinking.**
- ❑ Can't predict whether or not you will get drunk.**
- ❑ Believe that you have to drink to have fun.**
- ❑ Have health, social, or financial problems caused by drinking.**
- ❑ You make promises to yourself/others that you won't drink.**
- ❑ Family or friends have expressed concern about you.**

If you have recognized or are afraid that you abuse or are dependent on alcohol you are not alone. Help is available. Many people like you have received help and are leading healthy, productive and alcohol-free lives.