

12 questions to help you decide

To help you decide whether you might have a problem with your own drinking, we've prepared these 12 questions. The answers are nobody's business but your own.

1. Do you drink because you have problems? To relax?
2. Do you drink when you get mad at other people, your friends or parents?
3. Do you prefer to drink alone, rather than with others?
4. Are your grades starting to slip? Are you making a mess of your job?
5. Did you ever try to stop drinking or drink less – and fail?
6. Have you begun to drink in the morning, before school or work?
7. Do you gulp your drinks?
8. Do you ever have loss of memory due to your drinking?
9. Do you lie about your drinking?
10. Do you ever get into trouble when you're drinking?
11. Do you get drunk when you drink, even when you don't mean to?
12. Do you think it's cool to be able to hold your liquor?

If you can answer yes to any one of these questions, maybe it's time you took a serious look at what your drinking might be doing to you. If you do need help or if you'd just like to talk to someone about your drinking, call our Hotline 352-621-0599.

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