



HOW DO YOU USE ALCOHOL BEVERAGES?

Answer the following questions in terms of your own alcohol use. Record the number of yes and no responses on the questionnaire.

Do you:

1. Drink more frequently than you did a year ago? YES or NO
2. Drink more heavily than you did a year ago? YES or NO
3. Plan to drink, sometimes days in advance of? YES or NO
4. Gulp or “chug” your drinks, perhaps in a contest? YES or NO
5. Set personal limits on the amount you plan to drink but consistently disregard these limits? YES or NO
6. Drink at a rate greater than two drinks per hour? YES or NO
7. Encourage or even pressure others to drink with you? YES or NO
8. Frequently want a nonalcoholic beverage but end up drinking an alcohol drink?
YES or No
9. Drive your car while under the influence of alcohol or ride with another person who has been drinking? YES or NO
10. Use alcohol beverages while taking prescription or over-the-counter (OTC) medications?
YES or NO
11. Forget what happened while you were drinking? YES or NO
12. Have a tendency to disregard information about the effects of drinking? YES or NO
13. Find your reputation fading because of alcohol use? YES or NO

Interpretation

If you indicate a “yes” response on any of these questions, you may be demonstrating aspects of irresponsible alcohol use. Two or more “yes” responses may reflect problem drinking behavior.