

Name: \_\_\_\_\_

### ACTIVITY 3A

## HOW DO YOU USE ALCOHOL?

The questions below are directed at people who drink alcohol. Read the following questions and answer them honestly. The purpose of this sheet is to give you a chance to think about the ways in which you may be using alcoholic beverages—including beer. There are no right or wrong answers. You will not have to share your answers with anyone.

Have you ever:

	Yes or No
1. Made plans to go out drinking, sometimes days in advance?	
2. Gulped or “chugged” your drink, maybe in a contest?	
3. Decided to limit the amount you drank, but then ignored your limit?	
4. Had more than two drinks in one hour?	
5. Encouraged others to drink with you?	
6. Found yourself drinking alcohol that you didn’t really want?	
7. Decided to have a drink without asking yourself why?	
8. Feared that your reputation has changed because of alcohol use?	
9. Drank alcohol while taking a prescription drug or over-the-counter medicine?	
10. Forgotten what happened while you were drinking?	
11. Covered up for your drinking?	
12. Decided to have a drink to relieve boredom or anxiety?	
13. Asked someone else to purchase alcohol for you?	
14. Purposely tuned out what you heard about the physical damage that alcohol can cause?	
15. Missed time from school because of a hangover?	
<b>How many times did you answer YES?</b>	

*This activity is continued on the next page.*



Name: \_\_\_\_\_

ACTIVITY 3B

HOW DO YOU USE ALCOHOL?

## Interpreting your score:

If you answered Yes to any of these questions, you may be abusing alcohol. Two or more Yes responses could be a sign of real trouble. You may want to consider talking to someone about your alcohol use. Reread the questions and think about how each Yes answer affected or could affect your life.

For more help, refer to the *What is Alcoholism?* and *What Is Alcohol Abuse?* fact sheets.