

Reflection—Self Inventory

Answer these questions honestly, “yes” or “no.”

1. Have you ever made excuses for your drinking? _____
2. Do you drink so you will feel less shy with others? _____
3. Do you dislike a party where there is no alcohol? _____
4. Do you ever miss school or work because of drinking? _____
5. Do you ever drink alone? _____
6. Do most of your friends also drink? _____
7. Have you ever had a blackout or loss of memory due to drinking? _____
8. When you drink do you find it hard to stop? _____
9. Do you have to drink to go out on a date? _____
10. Do you react defensively when others try to discuss your drinking with you? _____
11. Do you ever drink to build up your self-confidence? _____
12. Do you ever try to hide your drinking from others? _____
13. Do you drink to escape worries at home or elsewhere? _____
14. Do you find you have to drink more now to get a good feeling? _____
15. Have you ever driven while drunk? _____

If you answered “yes” to any one question, this is a warning or red flag. Think about how alcohol is affecting your life. If you answered “yes” to several questions, then it is time to talk with someone about your drinking.