Reflection—Self Inventory
Answer these questions honestly, "yes" or "no."
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?
II. 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.

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