Are YOU a Problem Drinker?

The Alcohol Awareness Festival was sponsored by Residential Life on October 24th. Many of us enjoyed the root beer floats, Awareness handouts, and party games; and adventurous students drove golf carts, while wearing “beer goggles” to test out their “under-the-influence” driving impairment, as hosted by Campus Safety. In the spirit of increasing our awareness about alcoholism and problem drinking, please read the statements below and see how many you can say “yes” to:

☐ Your personality is altered when you consume alcohol.
☐ When you’re in a social situation and no alcohol is provided, you feel uncomfortable.
☐ Drinking has caused you to be late for class or work.
☐ You sometimes have a drink to help you fall asleep.
☐ When you drink, you always wind up drink.
☐ You use alcohol as an escape when you’re angry, disappointed, or otherwise upset.
☐ Certain friends or places encourage you to drink.
☐ You have a drink at a specific time every day, like after class or after work.
☐ When you’re out with friends, you sneak a few drinks without their knowledge.
☐ You try to slow down or stop drinking, and can for just a few days or weeks.
☐ Your family or friends have expressed concern about your drinking.
☐ It’s difficult to stop drinking after you’ve had one or two drinks.
☐ You eat very little or irregularly when you are drinking.
☐ The day after, you have trouble remembering what you did while under the influence.
☐ You sometimes feel guilty about your drinking.
☐ Even after your friends say they’ve had enough alcohol, you want to keep drinking.
☐ You get irritated when your family or friends want to discuss your drinking.
☐ Your performance at school or work has suffered because of your drinking.
☐ You’ve done something sexual while under the influence that you later regretted.
☐ A big chunk of the day is spent obtaining, consuming, or recovering from use of alcohol.
☐ You’ve been arrested for intoxicated behavior or DUI.
☐ You often have a hangover or headache after you’ve been drinking.
☐ After drinking, you’ve experienced severe anxiety, shaking or hallucinations.
☐ You’ve gotten into an argument or fistfight while you were drinking.
☐ You’ve lost a friend or created a rift with a family member because of your drinking.
☐ When you’re sober, you regret things you said or did while you were drinking.
☐ You’ve tried switching from one kind of alcohol to another in effort to cut down or to remain sober.
☐ Your drinking has led to financial difficulty.
☐ You sometimes stay drunk for several days at a time.
☐ You’ve neglected your classes, job, family, or other obligations for 2 or more days because of drinking.

IF you answered yes to 3 or more of the statements above, examine your habits honestly. These patterns can lead to more serious problems down the road. If you answered yes to many statements, you may have an alcohol problem. Now is a good time to get help from a counselor.* You can call Counseling Services at 562.907.4239 to schedule a consultation or appointment. If you prefer to simply read up on Alcohol Awareness or learn how to get sober, resources are available at the Counseling Center or online at www.phoenixhouse.org or www.aa.org.

*Resource: The College Experience: Facts on Tap: Alcohol and Student Life, American Council For Drug Education: 1-800-488-DRUG.