

ARE YOU A PROBLEM DRINKER OR DRUG USER?

- Are you unable to stop drinking after a certain number of drinks?
- Do you need a drink or other drugs to get motivated?
- Do you often forget what happened while you were "partying"?
- Do you drink or "party" alone?
- Have others annoyed you by saying you drink or get high too much?
- Have you been involved in fights with your friends, family, or others while you were drunk or high?
- Have you said or done anything while you were drinking or using that you later regretted?
- Have you destroyed or damaged property while drinking or using?
- Do you drive while high or drunk?
- Have you been physically hurt while drinking or using?
- Have you been in trouble with school authorities or the campus police because of your drinking or other drug use?
- Have you lost or dropped friends due to your alcohol or drug use?
- Do you think you are a normal drinker/user despite friends' comments that you drink or use too much?
- Have you ever missed classes because you were too hung over to get up on time?
- Have you ever done poorly on an exam or an assignment because of drinking or using?
- Do you think about drinking or getting high a lot?
- Do you feel guilty or self-conscious about your drinking or drug use?
- Do you drink or use to lose shyness or build up self-confidence?
- Do you have to have a drink or another drug "to loosen up" and have fun on a date?

- Do you ever have financial problems due to buying alcohol or other drugs?
- Do you drink or get high to escape from school, home, or other worries?
- Do your friends drink less than you?
- Has drinking or getting high ever landed you into a hospital, clinic or jail?
- Do you think you have a problem with alcohol or other drugs?

A "yes" to one of these questions should serve as a warning sign. If you answered "yes" to as few as three of these questions, you are using alcohol or other drugs in ways that are harmful--You are becoming a Problem drinker or User.