

TEENS AND YOUNG ADULTS: HOW TO TELL WHEN DRINKING IS BECOMING A PROBLEM

A SIMPLE 12 QUESTION QUIZ TO HELP YOU DECIDE

1



Do you drink to relax when you know you have problems?

2



Do you drink when you get irritated, frustrated, unhappy, or angry?

3



Do you prefer to drink by yourself?

4



Are you having trouble with school? Slipping grades?

5



Do you ever try to stop drinking, or drink less, and fail?

6



Do you take drinks in the morning?

7



Do you chug your drinks to feel the effects faster?

8



Have you forgotten what happened when you were drinking?

9



Do you ever lie about your drinking?

10



Do you ever get in trouble when you drink?

11



Do you get drunk when you drink, even though you don't want to?

12



Do you think it is cool to be able to drink a lot?

If you can answer yes to **any** one of these questions, maybe it's time you take a serious look at how your drinking is impacting you. If you need help or more information about your drinking, visit our website for resources suited for you.

