

# 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.