

# ALCOHOL SELF-ASSESSMENT

## How Can You Tell If Your Alcohol Use is a Problem?

Here are some questions that might help you determine if you or someone you know is using alcohol in a problematic way.

1.	Do you have concerns about your drinking, why you drink, how much, and/or how you feel when you drink?	Yes / No
2.	Has someone close to you expressed concern about your drinking?	Yes / No
3.	Do you get annoyed when someone brings up your drinking?	Yes / No
4.	Do you ever try to get “extra” drinks at a party to make sure you get enough?	Yes / No
5.	Have you ever decided to stop or reduce your drinking, but it didn’t last very long?	Yes / No
6.	Do you hang out with a crowd where drugs and alcohol are easy to get?	Yes / No
7.	Do you drink more than your friends?	Yes / No
8.	Do a few drinks allow you to be more yourself – more the person you would like to be?	Yes / No
9.	Have you ever had a few drinks before going to class, to work, or before appointments?	Yes / No
10.	Do you keep a bottle in your apartment or car so it will always be handy if you need it?	Yes / No
11.	Do you say or do things when you drink that you really regret the next day?	Yes / No
12.	When things are stressful at work, school, in your home life, or in relationships, do you drink to forget about it or to make yourself feel better?	Yes / No
13.	Do you sometimes forget things that happen while you were drinking?	Yes / No
14.	Has drinking affected your relationships? Have you lost friends as a result of your use or behavior while intoxicated?	Yes / No
15.	Have you ever been hospitalized or arrested as a result of alcohol or drug use?	Yes / No

A “yes” to one or two questions could be a warning sign.

A “yes” to three or more questions could mean that alcohol has become problematic for you.

If you are concerned about some of the questions listed above, please contact the UCSB Alcohol and Drug Program for a *free* and *confidential* appointment with one of our counselors. Additional resources about alcohol can be found on the Alcohol & Drug Program website.



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