

## ALCOHOL SELF-ASSESSMENT

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

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 have concerns or questions, 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. .

UCSB Alcohol and Drug Program

Phone: (805) 893-5013  
 Email: [alcohol@sa.ucsb.edu](mailto:alcohol@sa.ucsb.edu)  
 Website: <http://alcohol.sa.ucsb.edu>