

ALCOHOL PROBLEMS

How Do I Know If I Have A Drinking Problem?

Below is a set of questions designed to help you find out if alcohol use is a problem:

- Do you prefer to drink alone rather than with others?
- Does your drinking cause problems with school (e.g., falling grades) or at work (e.g. being late)?
- Do you drink to escape your problems?
- When you drink, do you get very emotional?
- Do you ever have memory loss or blackouts due to drinking?
- When you drink, do you often get drunk even when you did not mean to drink to excess?
- Do you find that you have to drink more and more to get the same effect?
- Do you get into trouble with the law or injure yourself when you drink?

If you answered "yes" to one or more of these questions, you may have a drinking problem. If you have a drinking problem, or suspect that you have one, there are many others out there like you. As a matter of fact, more than 10 million people suffer from alcoholism.

To get help or additional information contact the CSU Counseling Center at 898-6345 or CADEC (Campus Alcohol Drug Education Center) at 898-6450.

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