Name _____   **Date** _____

Instructor _____   **Section** _____

Alcohol Abuse Inventory

This laboratory is designed to increase your awareness of your drinking habits. For this inventory to provide a valid assessment of your drinking behaviors, you must answer each question honestly. Check yes or no for each of the following questions regarding your use of alcohol.

	Yes	No
1. Do you often drink alone?	_____	_____
2. When drinking, do you often worry about running out of alcoholic beverages?	_____	_____
3. Do you drink alcohol daily?	_____	_____
4. Do you drink alcohol to reduce your stress levels?	_____	_____
5. Do you crave alcohol during all parts of the day?	_____	_____
6. Do you have trouble not drinking alcohol at a party?	_____	_____
7. After a night of drinking, do you sometimes have trouble remembering what you did?	_____	_____
8. Does your drinking impair your school or job performance?	_____	_____
9. Does your drinking impair your ability to use good judgment or cause you to have accidents?	_____	_____
10. Do you ever lie to friends or family about how much you drink?	_____	_____

Answering yes to only one of the questions above suggests that you may be drinking too much. Answering yes to two questions is a clear warning sign that you may have or are in the process of developing an alcohol abuse problem. Answering yes to three or more questions indicates that you have a serious alcohol abuse problem and that you should seek professional help.

Answer the following questions to help identify ways you can curb your alcohol consumption:

1. If you answered yes to question 1 and/or 2, try making access to alcohol an inconvenience. Identify two ways you can limit your access to alcohol in your home.

    1. _____

    2. _____

2. If you answered yes to question 3 and/or 4, try substituting a healthy behavior for the drinking behavior. What is a healthy behavior you could substitute for drinking alcohol? What are two stress management techniques you could try instead of drinking alcohol?

    Healthy behavior: _____

    Stress management technique: _____

    Stress management technique: _____

3. If you answered yes to questions 5, 6, 7, 8, 9, and/or 10, recognize that alcohol is interfering with your life. Identify two campus resources and two community resources that you could use to address your alcohol-related behaviors.

    1.

    2.

To submit the completed lab, save the form to your computer and email it to
your instructor or upload it to their digital dropbox as directed.