

WHAT'S YOUR RELATIONSHIP STATUS WITH ALCOHOL?



DO YOU EVER WORRY THAT YOUR RELATIONSHIP WITH ALCOHOL IS HEADING IN THE WRONG DIRECTION?
CHECK YOUR STATUS. ASK YOURSELF IF ANY OF THESE SITUATIONS SOUND FAMILIAR.

IN MY SOCIAL LIFE, I...

- RELY ON ALCOHOL TO HAVE A GOOD TIME.
- USE ALCOHOL AS A SOCIAL OUTLET WITH MY BUDDIES.
- CHOOSE ALCOHOL OVER FRIENDS OR FAMILY.

IN MY FINANCES, I...

- HAVE LESS CASH BECAUSE I SPEND SO MUCH ON ALCOHOL.
- SPEND MY SAVINGS ON ALCOHOL INSTEAD OF OTHER SPECIAL PURCHASES/NEEDED ITEMS.
- USE MY HARD-EARNED CASH TO PAY OFF THE COST OF A DUI OR ARI.

IN MY CAREER, I...

- RUN LATE FOR TRAINING OR MY SHIFT BECAUSE OF MY DRINKING.
- MISS WORK BECAUSE OF DRINKING OVER MY LIMIT.
- FIND IT DIFFICULT TO PERFORM MY JOB AFTER A NIGHT OUT.

IN MY PERSONAL TIME, I...

- GET DRUNK BY MYSELF.
- FIND ANY REASON TO GRAB A BEER WITH MY BUDDIES.
- USE ALCOHOL AS A REWARD FOR ENDING THE WEEK.

IF YOU CAN RELATE TO AT LEAST ONE OF THESE SITUATIONS, CONSIDER
CHANGING YOUR RELATIONSHIP WITH ALCOHOL BY FOLLOWING THESE STEPS:

1. GET STARTED BY TAKING THE ANONYMOUS DRINKING HABITS QUIZ AT [OWNYOURLIMITS.ORG/DRINKING-HABITS-QUIZ](https://ownyourlimits.org/drinking-habits-quiz).
2. TALK WITH SOMEONE AT YOUR LOCAL SACC.
3. COMMIT TO MAKING A CHANGE.

REMEMBER, IT'S NEVER TOO LATE TO WORK ON YOUR RELATIONSHIP WITH ALCOHOL.

FOR MORE INFORMATION, CONTACT YOUR LOCAL [SUBSTANCE ABUSE PROGRAM](#).