

# THINK ABOUT YOUR DRINKING



For most adults, moderate drinking may be harmless. Moderate drinking is defined as one drink per hour and up to three drinks a day, no more than 14 drinks per week, according to the low-risk drinking guidelines. Drinking too much can cause problems. If you consume too many drinks and put yourself or others at risk, it may be time to think about your drinking. Drinking can harm your health, relationships, and/or your ability to do your job.

Ask yourself these questions:

## DO YOU...

**BELIEVE ALCOHOL IS NECESSARY TO HAVE FUN?**

**DRINK MORE OR FOR A LONGER PERIOD OF TIME THAN YOU PLANNED?**

**BLOW OFF FRIENDS OR FAMILY TO DRINK ALCOHOL?**

**GET DRUNK ALONE REGULARLY?**

**MISS WORK BECAUSE OF ALCOHOL (OR ITS EFFECTS, LIKE HANGOVERS)?**

**HAVE FREQUENT HANGOVERS?**

**LIE OR HIDE HOW MUCH YOU DRINK?**

**EXPERIENCE BLACKOUTS (PERIODS OF MEMORY LOSS FOR EVENTS THAT HAPPENED WHILE DRINKING)?**

**DRINK MORE TO GET THE "EFFECT" THAT SMALLER AMOUNTS OF ALCOHOL USED TO GIVE YOU?**

**PUT YOURSELF OR OTHERS IN DANGEROUS OR HARMFUL SITUATIONS WHILE DRUNK?**

**FEEL DEPRESSED, ANXIOUS, OR ON EDGE DURING OR AFTER DRINKING?**

**GET IN TROUBLE WITH THE LAW OR THE MILITARY POLICE BECAUSE OF SOMETHING YOU DID WHILE DRINKING?**

Still wondering if your drinking is a problem? Learn more about your drinking habits by taking this anonymous online quiz at: [ownyourlimits.org/drinking-habits-quiz/](https://ownyourlimits.org/drinking-habits-quiz/)



For further information, please contact your local

Substance Abuse Counseling Center or visit [usmc-mccs.org/substance](https://usmc-mccs.org/substance)