

HOW MUCH IS TOO MUCH?

Sometimes people wonder: Do I drink too much? Am I in control of my drinking? Am I setting myself up for drinking-related problems? The following questions are designed to help you identify drinking habits that may cause problems for you. Answer honestly; no one but you will know the score.

1. **Have you cut afternoon classes so you can party?**
2. **Have you missed morning classes because of a hangover?**
3. **Have you done poorly on an exam because you drank too much the night before?**
4. **When drinking, have you ever done something for which you were later sorry or embarrassed?**

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HOW MUCH IS TOO MUCH? (continued)

If you answered yes to one or more of these questions, stop and think for a moment. You may be doing yourself some harm. Maybe it's time to talk to someone, get some information. People at the student health or counseling center will be happy to give you confidential information.

A good rule of thumb to keep in mind:

“What CAUSES a problem IS a problem.”

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HOW MUCH IS TOO MUCH? (continued)

5. Have you ever "blacked out" while drinking (not been able to remember things you said or did)?
6. Do you frequently drink until you are drunk? Do you drink to get drunk?
7. Do you choose friends on the basis of how much they drink?
8. Have you ever had problems with friends, family, roommates, boy/girlfriend, college authorities, or the law as the result of drinking?
9. Is drinking affecting your reputation?
10. Does it bother you when other people say you drink too much?

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