# Drinking Habits

The list below of problem and social drinkers can give you an idea of whether you or your friend has a drinking problem and how severe it is. It is not necessary for a person to have every habit to fit into a category.

**A social drinker typically:**

Drinks slowly (no fast gulping).

Knows when to stop drinking (does not drink to get drunk).

Eats before or while drinking.

Never drives after drinking.

Respects nondrinkers.

Knows and obeys laws related to drinking.

**A problem drinker typically:**

Drinks to get drunk.

Tries to solve problems by drinking.

Experiences personality changes - may become ether loud, angry or violent or silent, remote and reclusive.

Drinks when he or she should not. For instance, before driving or going to class or work.

Causes harm to himself/herself or other people.

**An alcoholic:**

Spends a lot of time thinking about drinking and planning where and when to get the next drink.

Keeps bottles hidden for quick pick-me-ups.

Starts drinking without conscious planning and loses awareness of the amount consumed.

Denies drinking.

Drinks alone.

Needs to drink before facing a stressful situation.

May have "blackouts" - cannot remember what he or she did while drinking.

Goes from having hangovers to more dangerous withdrawal symptoms, which can be fatal.

Has or causes major problems - with the police, an employer, family or friends.

**SOME SOBERING FACTS!**

About 10,000 young people aged 16-24 are killed each year in alcohol-related accidents.

A child will see alcohol consumed an average of 75,000 times on TV before he/she is of legal drinking age.

The **user** of alcohol is involved in:

70% of all murders

66% of all fatal accidents

55% of all arrests

41% of all assaults

37% of all suicides