

# A MESSAGE TO YOUNG PEOPLE

How to tell when drinking  
is becoming a problem

A simple 12 question quiz  
designed to help you decide

## ALCOHOLISM

Alcoholism is a rough word to deal with.

Yet nobody is too young (or old) to have trouble with booze.

That's because alcoholism is an illness. It can hit anyone. Young, old, rich, poor, black, white.

And it doesn't matter how long you've been drinking or what you've been drinking. It's what drinking *does to you* that counts.

To help you decide whether you might have a problem with your drinking, we've prepared these 12 questions. The answers are nobody's business but your own.

1. Do you drink because you have problems? To face up to stressful situations?
2. Do you drink when you get mad at other people, your parents or friends?
3. Do you often prefer to drink alone, rather than with others?
4. Are you starting to get low marks? Are you skiving off work?
5. Do you ever try to stop or drink less – and fail?
6. Have you begun to drink in the morning, before school or work?

7. Do you gulp your drinks as if to satisfy a great thirst?
8. Do you ever have loss of memory due to your drinking?
9. Do you avoid being honest with others about your drinking?
10. Do you ever get into trouble when you are drinking?
11. Do you often get drunk when you drink, even when you don't mean to?
12. Do you think you're big to be able to hold your drink?

If you can answer yes to any *one* of these questions, maybe it's time you took a serious look at what your drinking might be doing to you.

And if you do need help or if you'd just like to talk to someone about your drinking, call us. We're in the phone book under Alcoholics Anonymous.

If there is no AA service close to you, phone the National Helpline Number below:

**0845 769 7555**

**[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)**

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