

Beginning Life Changes Inventory: When is alcohol use a problem?

Definitions: One drink= 5 oz. of wine, 12 oz. of beer, 1.5 oz. liquor (80 proof).

Moderation: According to the *Dietary Guidelines for Americans*, “drinking in moderation is defined as having no more than 1 drink per day for women and no more than 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days.”

Binge drinking: The National Institute on Alcohol Abuse and Alcoholism defines binge drinking “as the amount of alcohol leading to a blood alcohol content (BAC) of 0.08, which, for most adults, would be reached by consuming five drinks for men or four for women over a 2-hour period.”

Denial: “A psychological defense mechanism in which confrontation with a personal problem or with reality is avoided by denying the existence of the problem or reality.” *Don't even know I am lying.*

Use of alcohol may be social, recreational or a self-defeating behavior. Use the criteria below to determine whether your use has become a problem. The information below is based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-V)-the manual that physicians, therapists and insurance companies use to define and diagnose substance abuse and dependence. Please notify your therapist or a physician if you identify a problem.

DSM V- Substance Use Disorder: *Check all that apply in a 12 months period

- Use results in an inability to fulfill a major obligation
- Recurrent legal problems.
- Continuing to use despite the objections of others or evidence that use is causing problems.
- Increased tolerance
- Withdrawal symptoms
- Using greater amounts than intended or using more frequently than intended.
- Unsuccessful efforts to reduce, control or quit use.
- Excessive amounts of time involved in getting, using or recovering from the substance.
- Use causes reduction or impairment in ability to fulfill major social, family, school or job duties.
- Use in potentially dangerous situations: driving under the influence, use near small children, use while operating machines or using sharp objects.

**Two or three symptoms indicate a mild substance use disorder, four or five symptoms indicate a moderate substance use disorder, and six or more symptoms indicate a severe substance use disorder.*

When is Caffeine use a problem?

Caffeine intoxication is defined as consumption of 250 mg or more of caffeine (3 or more servings of caffeine). And 5 or more of the following symptoms: Check all that apply.

- Muscle twitching
- Restlessness
- Flushed face
- Stomach upset
- Nervousness
- Increased urination
- Heart pounding
- Excitement
- Can't sit still
- Insomnia
- Rambling speech
- Rambling thoughts.