

A Practical Guide to Assessing Your Drinking

Learn to Count Your Drinks

Drink no more than 14 units a week on a regular basis to keep health risks from alcohol to a low level

	Amount of Alcohol (ml)	Alcohol percentage	Units	Calories
	50	40%	2 Units	111 calories
	568 (pint)	4%	2.3 units	182 calories
	175 (glass)	12%	2.3 units	159 calories
	25 (Spirits)	40%	1 unit	55 calories

Keep Track Of Your Units

Week Number:		Date:						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
								
								
								
								
Total								

How many drinks do you usually have week?

Usual number of drinks each week	Score for males	Score for females
5 or less	0	0
6 to 10	0	0
11 to 15	0	1
16 to 20	1	3
21 or more	3	3
Score 1		

Which of these things were sometimes true for you? Please check all that apply.

To calculate score 2, count the number of boxes you checked below.

<input type="checkbox"/>	You had more than 3 drinks within two hours
<input type="checkbox"/>	You felt a strong need to drink
<input type="checkbox"/>	Your drinking caused problems for you or others
<input type="checkbox"/>	Your drinking made it harder to do important things
<input type="checkbox"/>	Someone said that you should drink less
<input type="checkbox"/>	You found it hard to drink less
	Score 2

Total Score

Enter Step 1 score here

Enter Step 2 score here

Total

Total score	Risk for health and social harms	Recommendation for adults who are not pregnant
0	LOW	If your risk level is low , you're less likely to experience health or social problems from your current pattern of alcohol use
1 to 2	MARGINAL	If your risk level is marginal , there's a good chance you will experience some health or social problems in the near future unless you reduce your alcohol use.
3 to 4	MEDIUM	If your risk level is medium , you are likely starting to experience some health or social harms from your drinking. There's also a good chance that you will experience more problems in the near future.
5 to 9	HIGH	If your risk level is high , you are likely experiencing fairly severe health or social harms because of your drinking. Moreover, you face a significant risk of developing alcohol use disorder. That would make it even harder for you to avoid serious health and social harms down the road. You are strongly encouraged to seek immediate advice and support from a healthcare provider or addiction treatment professional.

Assess Your Drinking Likes And Dislikes

What do you LIKE about drinking?	
In what ways has drinking been HELPFUL for you?	
What do you DISLIKE about drinking?	
In what ways has your drinking been HARMFUL or NOT HELPFUL for you?	
What are some challenges to reducing your drinking?	

What are some reasons you might want to change your drinking?

Some reasons you might want to change your drinking			
	To avoid hangovers		To lose weight
	To be healthier		To avoid injuries
	To prevent chronic disease		To spend less money
	To have better relationships		To do better at work or school

Alcohol Addiction Self Assessment Questionnaire

Question	Yes	No
✓ My girlfriend/boyfriend has expressed concern about my use.		
✓ I have changed friends to be with people who use like I do.		
✓ My friends have sometimes called me a "drunk."		
✓ I have argued with friends about my use.		
✓ I have done things to my friends while drinking that I have regretted later.		
✓ I have made plans with friends, but didn't show because a "better" opportunity to drink came up.		
✓ I have lied to friends/others about how much I drink.		
✓ I have upset or lost friends because of my drinking.		
✓ Some of my friends have avoided me since I started drinking more.		
✓ If I had a choice between being with my sober friends or drinking friends, I would choose the drinking friends.		
✓ I have endangered the lives of my friends through my use (driving while drinking, taking foolish risks, etc.).		
✓ Being under the influence makes me feel less shy.		

Shade in the boxes closer to you for the things that you would like to make a larger part of your life.

Shade in the boxes further away from you for the things that you would like to make a smaller part of your life. Keep this BIG picture in mind as you continue to work on reducing your drinking.

