

Am I drinking too much?

How to use this guide:

There are a couple of ways to self assess and figure out if you are drinking too much. You can try counting your drinks - the recommended maximum is no more than four standard drinks per day and no more than ten over a week.

Another way to work out if your drinking is a problem is looking at the harm alcohol creates in your life. We measure addiction by negative consequence and these questions have been developed over many years by Straight Talk Australia Counselling to help you see what's really going on with your drinking. If you answer honestly and it looks like you say yes more than you say no, if the first thing you reach for - is the last thing you need then it might be time for you to reach out for some professional help.

Straight Talk Australia Counselling are the experts in helping you get your life back on track. Find out more at **STAC.AU**

| | | Yes | No |
|----|--|-----|----|
| 10 | You need to drink to feel 'normal' or reduce the pain of daily existence & when you can't drink you feel restless, irritable or frustrated | | |
| 9 | You spend more on drinking each day than you do on your lunch | | |
| 8 | You drink in response to negative feelings, such as anxiety, stress or depression | | |
| 7 | People you love say they think you're drinking too much or have asked you to stop | | |
| 6 | You've tried to cut back or stop entirely but eventually, you always return to drinking | | |
| 5 | You lie about how much you drink or how much you spend on drinking | | |
| 4 | You have fallen over while drunk – you have hurt yourself while drunk | | |
| 3 | Your partner has said they will leave if you don't stop drinking | | |
| 2 | You'd choose drinking over your job, your relationship, or access to your kids | | |
| 1 | You have hurt someone you love – includes saying things you can never take back | | |