



SATS STUDENT SPOT

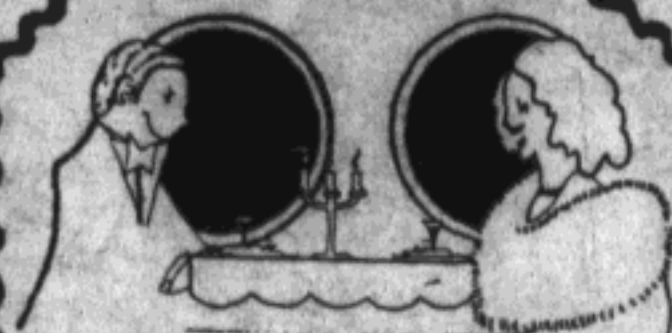


SOCIAL DRINKING



FOR PEOPLE WHO DRINK
AND PEOPLE WHO DON'T.

Social drinking is:



a glass of wine to enhance a meal



drinking and talking with friends
sipping and eating

a drink or two while you're having fun

never having to say you're sorry
for what you did while drinking



knowing when to say "NO"



Social drinking is not:

three fast martinis before lunch
having to drink to have fun
gulping drinks on an empty stomach
forgetting what you did while drinking
drinking and worrying alone
showing off how much you can hold
using alcohol as a problem-solver

Where does social drinking end and problem drinking begin? There's no simple answer. But here's a pretty good definition:

*If you need a drink to be social,
that's not social drinking.*



WHAT KIND OF DRINKER ARE YOU?

Take This Test And Find Out For Yourself.

- ☐ 1. Do you think and talk about drinking often?
- ☐ 2. Do you drink more now than you used to?
- ☐ 3. Do you sometimes gulp drinks?
- ☐ 4. Do you often take a drink to help you relax?
- ☐ 5. Do you drink when you are alone?
- ☐ 6. Do you sometimes forget what happened when you were drinking?
- ☐ 7. Do you keep a bottle hidden somewhere . . . at home or at work . . . for quick pick-me-ups?
- ☐ 8. Do you need a drink to have fun?
- ☐ 9. Do you ever just start drinking without really thinking about it?
- ☐ 10. Do you drink in the morning to relieve a hangover?

HOW TO SCORE:

According to the National Institute on Alcohol Abuse and Alcoholism, a social drinker should have 3 or fewer "yes" answers. If you have four or more "yes" answers, you may be one of the nine million Americans with a drinking problem.

This test is not a foolproof diagnosis, but it is a rather good indicator. Four or more "yes" answers does not necessarily mean you are alcoholic, or even that you have a serious drinking problem, but it should be regarded as a real danger signal.

