

Some of the early warning signs of a potential problem with alcohol and/or other drugs

If you or a friend is experiencing any of the following signs of a potential problem with alcohol and/or other drugs, get help. You do not have to be diagnosed as an alcoholic or drug addict to have a problem with alcohol and/or other drugs. Talk to someone before habits develop and lead to negative consequences.

Do you or a friend...

- Have private concerns about the amounts and frequency of alcohol or other drugs you are consuming?
- Find that you often wind up drinking more than you intended to?
- Worry that drugs are affecting you in a way that is different from others (e.g., behavior change, alcohol and other drug craving and seeking, etc.)?
- Have regrets about specific choices you have made related to your alcohol and other drug use?
- Have academic trouble (e.g., getting behind in studies, difficulty making classes or finishing problem sets, receiving a B- or C when you knew that you could have achieved an A or a B) due to use of alcohol and/or other drugs?
- Have relationship problems (e.g., verbal arguments, out-of-control behavior resulting in conflict, threatened or actual physical assault) all in the context of alcohol or other drug abuse?
- Experience personal injury/accidents and violence (e.g., falling down stairs, passing out, acts of vandalism)?
- Have unintended sexual encounters? Have you woken up next to someone unfamiliar and unable to remember events?
- Attempt to make adjustments in your drinking and drug-using habits in order to control your consumption? For instance, you may make deals with yourself such as switching from drinking mixed drinks to beer only.
- Adjust your lifestyle (e.g., blow off friends/partners who question your consumption, sign up for afternoon, rather than morning classes, change living groups or dorm floors to be with others who do not hassle you about your consumption) to accommodate your drinking or other drug use?