Problem with Alcohol or Drugs?

At times you may wonder if you have a problem with alcohol and/or drugs. The following questions will help you determine whether you should be concerned about your substance use pattern.

QUESTIONS TO EXPLORE

- What are the effects you hope to get from "using"? For example: to be more sociable; to be liked and to "fit in"; to relax; to forget painful experiences, feelings or thoughts…etc.
- Are you "using" by yourself?
- Has your tolerance changed? Does it now take more alcohol/drugs to feel a buzz?
- Do you have trouble with your memory?
- Do you use on a regular basis?
- If you are using alcohol, is it difficult to stop after two or three drinks?
- Do you put yourself at ease by thinking your substance use is no different from that of your friends; that using is part of "partying" which is part of being a student…etc.
- Do you participate in risk-taking behaviors, even after experiencing negative consequences? For example: having unprotected sex, driving under the influence, etc…
- Do you have financial difficulties as a result of your substance use?
- Do you ever feel guilty/ashamed about your behavior when under the influence?
- Do you have alcoholism or addiction in your family history?

SIGNS AND SYMPTOMS OF ALCOHOL ABUSE

- Loss of time from school or work due to drinking.
- Mood fluctuations.
- Depression or unhappiness due to drinking.
- Drinking in order to cope with personal problems.
- Drinking to build self-confidence.
- Loss of interest in family and friends.
- Poor judgment.
- Loss of interest in activities which were once of interest.
- Difficulty sleeping due to drinking.
- Drinking outside of a social setting.
- Experiencing memory blackouts during or after drinking.
- Usually drinking to the point of intoxication.
- Feeling guilty about drinking.
- Not fulfilling promises or obligations because of drinking.
- Showing-up intoxicated in inappropriate settings.
- Drinking to overcome shyness.
- Developing health problems due to drinking.
- Legal problems (DUI).
HELP! WHERE TO FIND IT:

UTEP Counseling Center…747-5302
202 West Union 8-7 M-T / 8-5 W-F