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QUESTIONS FOR WOMEN ABOUT ALCOHOL USE

- Do you drink when you feel depressed, hoping that it will make you feel better?
- Do you regularly use alcohol as medicine – to relieve menstrual cramps, help you sleep, or calm your nerves?
- Do you talk a lot about drinking?
- Do you feel sociable only when you drink?
- Do you drink when you are under pressure or after an argument?
- Do you try to get someone to buy liquor for you because you are too ashamed to buy it yourself?
- Do you hide the empty bottles and dispose of them secretly?
- Do you buy liquor at different places so no one will know how much you purchase?
- Do you plan in advance to reward yourself with several drinks after working hard in the house or on the job?
- Do you have blackouts – periods about which you remember nothing?
- Do you ever wonder if anyone knows how much you drink?
- Do you ever carry liquor in your purse?
- Do you worry about hurting your child when you have been drinking?
- Do you drink to make your husband less angry at you?
- If you only drink occasionally, do you have a lot of drinks at one time?
- Do you drink more when you have been emotionally or physically abused?
- Do you feel panicky when faced with non-drinking days or when you are without money to buy alcohol?
- Do you become defensive when anyone mentions your drinking?
- Do you try to cover up when you can't remember promises and feel ashamed when you misplace or lose things?
- Do you drive your car or operate machinery after you've been drinking?
- Do you take sleeping pills or tranquilizers together with alcohol?
- Do you use alcohol to have or avoid sexual activity?
- Do you think that drinks at home are OK but drinks in a bar are not?
- Have you fallen down or hurt yourself as a result of drinking?
- Are you absent or late for work more often after you drink?
- Do you suffer from indigestion, nausea, or diarrhea due to drinking?

If you answered **yes** or **sometimes** to 5 or more of these questions, you may be developing an alcohol problem, but a **yes** to even fewer than 5 may indicate a problem. Talk with a professional in the alcohol and drug field or consult with a doctor who specializes in treating alcohol and other drug problems. For referral to a local resource, call 1-800-NCA-CALL.

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