ALCOHOL USE SCREEN

1. Have you ever felt that you should cut down on our drinking?  
2. Have people annoyed you by criticizing your drinking or expressing concerns about it?  
3. Have you ever felt bad or guilty about your drinking?  
4. Have you ever had a drink to steady your nerves or to get rid of a hangover?  
5. Do you drink alone when you are angry or sad?  
6. Does your drinking make you late for work or for assignments?  
7. Does your drinking worry your family or friends?  
8. Do you try to limit the number of drinks you have and find that you drink more than that?  
9. Within the last year, have you forgotten what you did while you were drinking?  
10. Do you get headaches or have a hangover after you have been drinking?  
11. Do you find that you can drink considerably more today than you could when you began drinking?  
12. Have you been involved in any violent behavior while under the influence of alcohol?  
13. Have others told you they think you should cut back on your drinking?  
14. If you are a man, when you drink, do you drink over five drinks?  
15. If you are a woman, when you drink, do you drink over four drinks?  

If you have answered yes to any of the above questions, consider a consultation with the Personal Counseling Office. It is always best to detect and respond to problems early in your life rather than after you begin your career. Call (815) 740-3598. If we are not able to answer, please leave a message and we will call you.

Taken from the CAGE Alcohol Assessment Questionnaire and from the National Institute on Alcohol Abuse and Alcoholism.