

alcohol reality check

My age: 13–15 yrs 16–18 yrs **Sex:** _____
 19–24 yrs 25+ yrs

What is a unit of alcohol?

The three questions below refer to your alcohol consumption in the past week, a useful indicator of your drinking pattern provided it was a typical week. A "unit of alcohol" (or "standard drink") is equivalent to any of these:



QUESTIONNAIRE

1. How many units of alcohol did you have each day in the last week?
Record the number you consumed on the timeline below.

7 days ago	6 days ago	5 days ago	4 days ago	3 days ago	2 days ago	yesterday

TOTAL UNITS:

2. During the last week, how many times did you drink

- in situations where mental alertness and/or physical coordination is required (e.g., bicycling, driving or using potentially dangerous equipment, work, school, sports, minding children)
- in certain social situations such as against parental guidance, to cope with being alone or in order to fit in
- while using other drugs (e.g., energy drinks, marijuana, ecstasy, cocaine, or medications such as antidepressants, pain killers, sleeping pills)
- when suffering from a serious physical or mental illness
- while pregnant or breastfeeding

TOTAL TIMES:

3. How many times in the past week did you find it difficult or uncomfortable to stop drinking once you started?

TOTAL TIMES:

INTERPRETATION

An on-site clinician will help you interpret your responses and provide you with take-home resource materials.

Staff use: Low risk pattern Increased risk pattern High risk pattern