



HOW DO I KNOW IF I CAN KEEP DRINKING? QUIZ

Considering continuing, reducing, or returning to drinking is a relatively new and controversial topic. It is a very individualized approach and needs to be discussed and monitored with a therapist who has received advanced training in substance use disorders and moderation. Please answer these questions honestly and discuss with your therapist:

HOW LONG HAVE I BEEN DRINKING? _____

HOW MANY DRINKS A DAY DO I HAVE? _____

WHAT ARE MY MEDICAL ISSUES? _____

WHAT MEDICATIONS AM I TAKING? _____

WHAT HAVE THE CONSEQUENCES OF MY DRINKING BEEN? _____

WHEN I DRINK WHAT HAPPENS? _____

WHY DO I DRINK? _____

WHAT IS MY GOAL REGARDING ALCOHOL? _____

WHAT ARE MY FAMILY'S GOALS AROUND DRINKING? _____

WHAT RELATIVES HAVE HAD CHALLENGES WITH ALCOHOL OR OTHER DRUGS? _____

WHAT SUPPORTS DO I HAVE? _____

HOW HAVE I MANAGED TRAUMATIC EXPERIENCES? _____

DO I HAVE ANY MENTAL HEALTH CONCERNS? YES NO

DO I USE ANY OTHER DRUGS? YES NO

DO I HAVE ANY LEGAL ISSUES? YES NO

HAVE I HAD WITHDRAWALS FROM DRINKING? YES NO

AM I WILLING TO ESTABLISH A PERIOD OF ABSTINENCE? YES NO

AM I WILLING TO MONITOR MY USE AND BE ACCOUNTABLE TO A THERAPIST? YES NO

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