

Counseling Capsules

An information service of the UTEP Counseling Center

Visit our web site at: <http://sa.utep.edu/counsel/>

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

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

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HELP! WHERE TO FIND IT:

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