



LOOKING BACK: A Self-Reflection

Alcohol Worksheet

When you think about your decisions regarding your use or non-use of alcohol, how were these determined? What, specifically, helped you make your previous decisions about alcohol?

Each individual is encouraged to make his or her own personal, informed choice. To what extent do you believe that your decisions are your own, and are informed?

Think back about yourself and your use/non-use of alcohol. If you ever used alcohol, think about the following items with respect to when these occurred, and the circumstances surrounding them (e.g., who you were with, where you were):

1. Your first taste of alcohol
2. Your first drink
3. The first time you became intoxicated
4. The second time you became intoxicated
5. The first time you set out to get drunk
6. When you believe you started to drink regularly
7. When some negative consequences happened, or you had something bad happen to you, because of your drinking

When you think about your responses to these questions, what does this tell you? Do you see any patterns? How do you feel about this? Does any of this concern you?

What do you consider to be “*social use of alcohol*”?

When does alcohol use become a problem? List specific attitudes or behaviors you believe are a problem from the following perspectives: (a) social; (b) emotional; (c) intellectual/cognitive; (d) physical; (e) legal; (f) safety; (g) ethical; (h) other.

How do you feel about someone who does not drink alcohol? What if this decision is conditional (i.e., the person drinks sometimes and not at other times)? What if this decision is for all circumstances?

What specific guidelines or standards help guide your decisions about when and where (i.e., conditions) to drink alcohol? Consider the following:

1. Whether or not you have to drive
2. Your academic responsibilities
3. Who you are with
4. Your physical status – tired, taking other medications or drugs, hungry, stressed
5. Reasons for use
6. Legal factors, such as the legal drinking age of 21
7. Other factors

Do you know anyone who you believe might have a problem with their use of alcohol? How do you feel about that?

