

# You and Alcohol

1. List the positive things you believe you have gained from alcohol use. How has alcohol helped you gain positive qualities in your life? Then list negative things, problems, or difficulties related to alcohol use.

POSITIVE (+)	NEGATIVE (-)

2. How do the two sides weigh out? \_\_\_\_\_
3. In addition to your "negative" list, what are some other problems in this country that are caused by alcohol or to which alcohol is a big contributor?  
\_\_\_\_\_  
\_\_\_\_\_
4. With such a number of negative aspects, why do people continue drinking? \_\_\_\_\_
5. Why do we have such an alcohol problem in the United States? \_\_\_\_\_
6. How would you rate your drinking behavior? \_\_\_\_\_



7. Has your drinking ever caused personal, educational, career, or family problems? \_\_\_\_\_  
If so, how? \_\_\_\_\_

8. What could you do to prevent alcohol from being a problem in your life? \_\_\_\_\_

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