

# WHAT'S YOUR RELATIONSHIP STATUS WITH ALCOHOL?

Do you ever worry that your relationship with alcohol is heading in the wrong direction? That might mean it's time to change your relationship status (with alcohol).

**ASK YOURSELF IF THESE SITUATIONS SOUND FAMILIAR:**



## IN MY SOCIAL LIFE I...

- Rely on alcohol to have a good time
- Use alcohol as a social outlet with buddies
- Choose alcohol over friends or family



## IN MY FINANCES I...

- Have less cash because it all gets spent at the bars
- Spend my savings on alcohol instead of special purchases
- Use my hard-earned cash to pay off the cost of a DUI



## IN MY CAREER I...

- Run late for PT or my shift
- Miss work because of drinking over my limit
- Find it difficult to perform my job after a night out



## IN MY PERSONAL TIME I...

- Get drunk by myself
- Find any reason to grab a beer with my buddies
- Use alcohol as a reward for ending the week



If you can relate to at least one of these situations, consider changing your relationship with alcohol by following these steps:

**1** Visit the [Own Your Limits' Check Your Drinking](#) page

**2** Get started by taking the [anonymous Drinking Habits Quiz](#)

**3** Commit to owning your limit

**REMEMBER, IT'S NEVER TOO LATE TO WORK ON YOUR RELATIONSHIP WITH ALCOHOL.**

If you're concerned about your alcohol use, find the [Own Your Limits' Get Help](#) page for Service-specific resources.