

CIRCLE WHICH APPLIES TO YOU

I drink because I am bored	Rarely	Frequently
I drink because my friends drink	Rarely	Frequently
I drink because it helps me to relax	Rarely	Frequently
I drink because it makes me feel good	Rarely	Frequently
I drink to forget my problems	Rarely	Frequently
I drink because I like the taste	Rarely	Frequently
I drink because it gives me confidence	Rarely	Frequently
I drink in order to celebrate	Rarely	Frequently
I drink because it makes me feel at ease	Rarely	Frequently
I drink because I feel I have to	Rarely	Frequently
I drink to be sociable	Rarely	Frequently
I drink because there is nothing else to do	Rarely	Frequently
I drink to be polite	Rarely	Frequently
I drink when I feel under pressure	Rarely	Frequently
I drink when I feel angry	Rarely	Frequently
I drink when I feel really bad	Rarely	Frequently
I drink when I feel good	Rarely	Frequently
<i>Try to think of any other reasons for your drinking and write them below:</i>		
I drink		
I drink		
I drink		
I drink		
I drink		