



## “Social Drinking”

As summer approaches we look forward to outdoor parties, recreation, sporting events, beaches and boating. A big part of the summer social scene for many people involves alcohol. How can you feel secure that your use of alcohol is within safe limits, and not becoming a problem in your life? Here are some simple ‘green light’ guidelines to indicate healthy, moderate use of alcoholic beverages.

- Social drinkers do not feel guilty, embarrassed or ashamed after drinking. They seldom do or say things that lead to bad feelings.
- Social drinkers do not argue with family, friends or bartenders about driving after drinking alcohol.
- Social drinkers seldom, if ever, get hassled by family or friends about their drinking, since no one sees it as a problem.
- Social drinkers almost never lose track of how many drinks they have had. Knowing when ‘enough is enough’ just comes naturally, with little or no effort on their part.
- Social drinkers don’t forget pieces of what happened during the previous day or evening while drinking alcohol.
- Social drinkers do not get arrested after they have been drinking alcohol. No excuses. It simply doesn’t happen.
- Social drinkers may or may not have a family member with drinking problem. But, most problem drinkers do have someone in their family with a similar history.
- Social drinkers do not have in their past a number of broken promises (to themselves or others) about quitting. The whole idea of drinking as a problem simply never occurs to them.

If these guidelines describe you, chances are all is well. However, if two or more statements indicate that you, or someone you love, may be going beyond social drinking, why not give EAP a call. Your Employee Assistance Program can help you with just about anything that may be on your mind – privately – with no strings attached. Call Solutions at 800/526-3485 for a free, confidential consultation.

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