

# Substance Abuse Reference Card



SouthLight, Inc. Outpatient Treatment Services  
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[www.southlight.org](http://www.southlight.org)

SouthLight is a non-profit company, accredited by The Commission on Accreditation of Rehabilitation Facilities, and is a Triangle United Way Agency of Excellence.

**Ask the adolescent you suspect may be drinking the following questions:**

- 1) When talking to others, do you ever underestimate how much you actually drink?
- 2) After a few drinks, have you ever not eaten or skipped a meal because you were not hungry?
- 3) Does having a few drinks help you decrease your shakiness or tremors?
- 4) Does alcohol make it hard for you to sometimes remember the day or night?
- 5) Do you usually take a drink to relax or calm your nerves?
- 6) Do you drink to take your mind off your problems?
- 7) Have you ever increased your drinking after experiencing a loss in your life?
- 8) Has anyone ever said they were worried or concerned about your drinking?
- 9) Have you ever made rules to manage your drinking?
- 10) When you feel lonely, does a drink help?

**If two or more of these questions received a “yes” a referral for assessment should be made.**