CLIENT HANDOUT 4.1

Personalized Feedback: Where Does Your Alcohol Use Fit In?

*Individual and Group Session 1*

THINKING ABOUT CHANGING?

Based on your answers to questionnaires you completed earlier, we have prepared a personalized summary of your ALCOHOL USE. These include:

1. A graph showing how much men and women drink per week. Compare your alcohol use with that of others to see where you fit in.
   
   You reported drinking on _________ % of the last 90 days.
   
   You reported drinking an average of _________ drinks per week.

2. Your score on the AUDIT, a questionnaire that evaluates the extent to which a person’s alcohol use is a problem. Where does your score fit in?

3. Consequences you reported that are related to your alcohol use.
Number of Drinks Consumed in a Week
By Adults Surveyed in the United States*

* 2000 National Alcohol Survey (N = 7,612) Alcohol Research Group, Berkeley, CA

(cont.)
Where Does Your ALCOHOL Use Fit In?

The AUDIT questionnaire was developed by the World Health Organization to evaluate a person's use of alcohol and the extent to which drinking is a problem for them. Below is your AUDIT score, which is based on materials you filled out earlier. Higher scores typically reflect more serious problems.