

## **CHARACTERISTICS OF DRINKERS WHO DO NOT HAVE PROBLEMS**

### **They:**

1. Rarely drink more than 3 or 4 drinks at any one time.
2. Restrict drinks even on special occasions.
3. Do not drink daily.
4. Do not make a practice of drinking at lunch.
5. Do not drink in the morning.
6. Measure drinks carefully and do not like strong drinks.
7. Dilute spirits with a mixer like soda or water.
8. Change the type of drink and fairly frequently.
9. Do not gulp down alcoholic beverages or see how much they can drink (i.e., drinking games, beer pong, etc.).
10. Do not drink on an empty stomach to get a quick buzz/high.
11. They are always in control of their drinking & stop drinking without difficulty.
12. Find substitutes for alcohol at traditional drinking times:  
e.g., trying a hot bath to relax instead of a drink automatically when coming home from the office; or from time to time, some iced tea instead of beer to cool off on a hot summer day; or a warm beverage in place of a nightcap.
13. Consciously avoid alcohol when confronted with problems knowing that alcohol dulls the mind and does not solve the problems.
14. Have learned the art of refusing drinks gracefully but firmly.
15. Do not drink in situations where use can be hazardous (i.e.: child-care, when driving, playing sports, when experiencing an ailment, when on medication, etc.).
16. Do not drink to intoxication or go on binges.
17. Do not experience problems in their lives related to their use of alcohol (for example: no legal or school problems, no family strife related to their drinking, etc.).
18. Do not plan drinking-centered occasions and are comfortable in situations where alcohol is not available.
19. Do not use habitually (i.e., out of the habit).
20. Do not have any trouble with recalling details of events that have occurred while drinking (no more so than normal anyway).