**Behaviors While Drinking**

This next section asks about your behaviors **while drinking**.  Please indicate how often you do the following based on the corresponding choices.

When drinking alcohol...

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Usually** | **Always** |
| I use a designated driver |  |  |  |  |  |
| I determine, in advance, not to exceed a certain number of drinks |  |  |  |  |  |
| I alternate between alcoholic and non-alcoholic drinks |  |  |  |  |  |
| I have a friend let me know when I have had enough to drink |  |  |  |  |  |
| I avoid playing drinking games |  |  |  |  |  |
| I leave the bar/party at a predetermined time |  |  |  |  |  |
| I make sure I go home with a friend |  |  |  |  |  |
| I know where my drink has been at all times |  |  |  |  |  |
| I stop drinking at a predetermined time |  |  |  |  |  |
| I drink water while drinking alcohol |  |  |  |  |  |
| I put extra ice in my drink |  |  |  |  |  |
| I avoid mixing different types of alcohol |  |  |  |  |  |
| I drink slowly, rather than gulping or chugging |  |  |  |  |  |
| I avoid trying to “keep up” or out-drink others |  |  |  |  |  |
| I refuse to ride in a car with someone who has been drinking |  |  |  |  |  |
| I only go out with people I know and trust |  |  |  |  |  |
| I avoid combining alcohol with marijuana or other drugs |  |  |  |  |  |
| I avoid “pre-gaming” or “pre-partying” (i.e., drinking before going out) |  |  |  |  |  |
| I make sure I drink with people who can take care of me if I drink too much |  |  |  |  |  |
| I eat before or during drinking |  |  |  |  |  |