

AUDIT – What Does It Mean?

The AUDIT is often used as a way of learning important information about drinking in a short period of time. By asking questions about the amount of drinking in the last year, and about things that sometimes happen when people begin drinking heavily. The AUDIT can help you find out if your drinking is reaching a dangerous level.

This is what the scores on the AUDIT mean:

If your score is between **1** and **7** make a check on this line: _____

- A score in this range indicates that your drinking has not yet reached a dangerous level. You may have a few drinks each week, and drinking may not have begun to cause trouble with other people in our life. If you have a score towards the high end of this range (like 6 or 7) you might want to start paying more attention to how much you are drinking, and how this may be affecting other people in your life.

If your score is between **8** and **20** make a check on this line: _____

- A score in this range indicates that your drinking has now reached a *harmful and hazardous* level. You may be drinking every day, having blackouts (where you can't remember the night before), and feeling guilt or remorse after drinking. Once you start drinking it may be difficult for you to stop, and you may be having trouble following through on our responsibilities because of your drinking. You may have even hurt someone in your life as a result of your drinking.

If your score is between **21** and **40** make a check on this line: _____

- A score in this range indicates that your drinking has now reached a very dangerous level. Almost all the questions in the AUDIT probably sound very familiar to you. There may be days when you cannot even get out of bed because of our drinking, and you may have trouble thinking about anything else. You may be experiencing many physical problems as a result of your heavy drinking.