

## Think about your own drinking

The more you read about alcohol, the more you'll think about your own drinking. You might start asking yourself questions such as:  
What part does alcohol play in my life?  
Why do I drink at certain times or places?  
Am I keeping my drinking in check?

It is a good thing to reflect on our behaviours as we don't often think about why and how we drink. A good place to start is familiarising yourself with the [National Drinking Guidelines](#) to find out about safe drinking levels.

