



5 Questions to Ask Yourself About Cgrey Area Drinking

1. Do I need a drink to relax, cope or take the edge off a particular feeling?

If alcohol feels like the only way to unwind or deal with stress, it may be time to explore what's really going on beneath the surface. What other coping tools might help you feel grounded, supported or soothed?

2. Do I ever feel defensive about my drinking, something I wouldn't want questioned?

If the thought of someone asking about your drinking habits brings up irritation, guilt or shame, it's worth getting curious. Defensiveness can be a sign that something inside you already feels unsettled.

3. Have I promised myself I'd cut back, only to slide back into the same routine?

This cycle is incredibly common... and frustrating! It doesn't mean you're failing; it simply highlights that habit change can be hard, especially when alcohol is tied to emotions, identity, or routine.

4. If I haven't had a drink for a few days, do I feel restless or irritable?

These feelings might point to a psychological or emotional dependence. It's not always about physical cravings, sometimes, it's the discomfort of sitting with thoughts or emotions that arise without alcohol.

5. Do I feel like something is missing from a social occasion without a drink?

If alcohol feels essential to fun, connection or confidence, it may help to explore what role drinking plays in your social life, and what might be possible without it.

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