



## **MAST-G**

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When you wake up in the morning, do you have trouble remembering the night before?

Does having a drink, help you sleep?

Do you hide your alcohol bottles from Family members?

After a social gathering, have you ever felt embarrassed because you drank too much?

Have you ever been concerned that drinking might be harmful to your health?

Do you like to end an evening with. a nightcap?

Did you find your drinking increased after someone close to you died?

In general, would you prefer to have a few drinks at home rather than go out to social events?

Are you drinking more now than in the past?

Do you usually take a drink to relax or calm your nerves?

Do you drink to take your mind off your problems?

Have you ever increased your drinking after experiencing a loss in your life?

Do you sometimes drive when you have had too much to drink?

Has a doctor or nurse ever said they were worried or concerned about your drinking?

Have you ever made rules to manage your drinking?

When you feel lonely does having a drink help?

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