

# Signs of Alcoholism or Abuse

If you've ever wondered if your own alcohol consumption crosses the line of abuse or dependence, ask yourself these questions:

-Do you need a drink as soon as you get up?

-Do you feel guilty about your drinking?

-Do you think you need to cut back on your alcohol consumption?

-Are you annoyed when other people comment on or criticize your drinking habits?

\*\*If you answered yes to two or more questions, it's likely that you have a problem with alcohol. Even one yes answer may indicate a problem.



- Drinking alone or in secret
- Being unable to limit the amount of alcohol you drink
- Not remembering conversations or commitments, sometimes referred to as "blacking out"
- Making a ritual of having drinks before, with or after dinner and becoming annoyed when this ritual is disturbed or questioned
- Losing interest in activities and hobbies that used to bring pleasure
- Feeling a need or compulsion to drink
- Irritability when your usual drinking time nears, especially if alcohol isn't available
- Keeping alcohol in unlikely places at home, at work or in the car
- Gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal"
- Having legal problems or problems with relationships, employment or finances
- Building a tolerance to alcohol so that you need an increasing number of drinks to feel alcohol's effects
- Experiencing physical withdrawal symptoms — such as nausea, sweating and shaking — if you don't drink

- Mayo Clinic

