

## WHAT ARE THE SIGNS OF ALCOHOLISM?

- Do you occasionally drink heavily after a disappointment, a quarrel or when the boss gives you a hard time?
- When you have trouble or feel under pressure, do you always drink more heavily than usual?
- Have you noticed that you are able to handle more liquor than you did when you were first drinking?
- Did you ever wake up on the "morning after" and discover that you could not remember part of the evening before, even though your friends tell you that you did not "pass out"?
- When drinking with other people, do you try to have a few extra drinks when others will not know it?
- Are there certain occasions when you feel uncomfortable if alcohol is not available?
- Have you recently noticed that when you begin drinking you are in more of a hurry to get the first drink than you used to be?
- Do you sometimes feel a little guilty about your drinking?
- Are you secretly irritated when your family or friends discuss your drinking?
- Have you recently noticed an increase in the frequency of your memory blackouts?
- Do you often find that you wish to continue drinking after your friends say they have had enough?
- Do you usually have a reason for the occasions when you drink heavily?
- When you are not under the influence do you often regret things you have done or said while drinking?
- Have you tried switching brands or following different plans for controlling your drinking?
- Have you often failed to keep the promises you have made to yourself about controlling or cutting down on your drinking?
- Have you tried to control your drinking by making a change in jobs or moving to a new location?
- Do you try to avoid family or close friends while you are drinking?
- Are you having an increasing number of financial and work problems?
- Do more people seem to be treating you unfairly without good reason?
- Do you eat very little or irregularly when you are drinking?
- Do you sometimes have the "shakes" in the morning and find that it helps to have a little drink to take the edge off?

*Thank you to Conifer Park in Glenville, NY for this handout.*