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WARNING SIGNS OF ALCOHOLISM

When does the social drinker become a problem drinker? Although it is impossible to draw a definitive line, experts agree that an important clue is when someone begins to lose control over his actions. For instance, the alcoholic may know that he is drinking too much--but be virtually unable to stop. The following quiz from the National Council on Alcoholism, Inc., will help you recognize if you are suffering from the disease.

- | | <u>YES</u> | <u>NO</u> |
|--|------------|-----------|
| 1. Do you occasionally drink heavily after a disappointment, a quarrel, or when the boss is difficult? | _____ | _____ |
| 2. When you have trouble or feel under pressure, do you always drink more heavily? | _____ | _____ |
| 3. Are you able to handle more liquor than you did when you were first drinking? | _____ | _____ |
| 4. Did you ever wake up on the "morning after" and discover you could not remember part of the evening before, even though your friends say you didn't "pass out"? | _____ | _____ |
| 5. When drinking with other people, do you try to have a few extra drinks when others will not know it? | _____ | _____ |
| 6. Are there certain occasions when you feel uncomfortable if alcohol is not available? | _____ | _____ |
| 7. When you begin drinking, are you in more of a hurry to get the first drink than you used to? | _____ | _____ |
| 8. Do you sometimes feel guilty about drinking? | _____ | _____ |

	<u>YES</u>	<u>NO</u>
9. Are you secretly irritated when your family or friends discuss your drinking?	_____	_____
10. Have you recently noticed an increase in the frequency of your memory "blackouts"?	_____	_____
11. Do you often find that you wish to continue after your friends say enough?	_____	_____
12. Do you usually have a reason for the occasions when you drink heavily?	_____	_____
13. When you are sober, do you often regret things you have done or said while drinking?	_____	_____
14. Have you tried switching brands or following different plans for controlling your drinking?	_____	_____
15. Have you often failed to keep the promises you made about cutting down on your drinking?	_____	_____
16. Have you ever tried to control your drinking by making a change in jobs or moving?	_____	_____
17. Do you try to avoid family or close friends while you are drinking?	_____	_____
18. Are you having an increasing number of financial and work problems?	_____	_____
19. Do more people seem to be treating you unfairly without good reason?	_____	_____
20. Do you eat very little or irregularly when you are drinking?	_____	_____
21. Do you sometimes have the "shakes" in the morning and find it helps to have a little drink?	_____	_____

	<u>YES</u>	<u>NO</u>
22. Have you recently noticed you cannot drink as much as you once did?	_____	_____
23. Do you sometimes stay drunk for several days at a time?	_____	_____
24. Do you sometimes feel very depressed and wonder whether life is worth living?	_____	_____
25. Sometimes after periods of drinking, do you see or hear things that aren't there?	_____	_____
26. Do you get terribly frightened after you drink heavily?	_____	_____

If you have answered "Yes" to any of the questions, you have some of the symptoms that may indicate alcoholism. "Yes" answers to several of the questions indicate the following stages of alcoholism: Questions 1 - 8/Early Stage. Questions 9 - 21/Middle Stage. Questions 22 - 26/The Beginning of The Final Stage.