

Some Potential Signs That May Indicate a Drinking Problem

- Losing interest in outside activities
- Losing friends, isolating oneself from others
- Beginning to hide drinking
- Drinking alone
- Drinking at odd times (morning, etc.)
- Inconsistency (erratic performance) at school, work or job loss
- Personality changes and/or mood swings
- Beginning to neglect oneself (e.g. Not sleeping enough, eating enough, paying less attention to ones appearance, dress, careless about ones grooming, etc)
- Gradually abandoning responsibilities
- High tolerance
- Defensiveness about drinking
- Denial, rationalizations about drinking
- Change of friends (connected to use)
- Increase in taking risks (putting oneself in dangerous situations, unprotected sex, promiscuousness, driving under the influence, etc.)
- Inability to foresee consequences of ones actions connected to drinking (e.g. Drinking & driving)
- Craving or withdrawal
- Loss of control of when you drink and/or when you will stop
- Loss of control of behavior/impulses when you drink
- Repeatedly having negative experiences/getting into negative situations when you drink, increased negative consequences due to drinking (which may or may not include legal troubles)
- Drinking to numb/avoid worries, stress, fear, depression, other feelings
- Drinking with the intent to get drunk
- Beginning to drink to avoid hangovers
- Consistently drinking in order to become less inhibited, more social, etc.
- Preoccupation with drinking (when not drinking)
- Habituated behavior around drinking (e.g. Have a drink automatically without conscious choice e.g. when socializing etc. – drinking becoming habituated)