



## **Alcoholism Warning Signs**

The statements below reflect common patterns of addiction which may emerge with ongoing use of alcohol. To assess your personal status and risk potential, review the below as honestly as you can, and consider seeking help at the Counseling Center.

### **Craving, Tolerance & Withdrawal**

I spend a good amount of time thinking about drinking alcohol.

I don't get as drunk as I used to from similar amounts of alcohol.

I've increased the amount I drink over time to achieve the feeling I want when drinking.

When I don't drink alcohol for an extended period, I'm uncomfortable emotionally and/or physically: *(Low appetite, mood changes, irritability, headaches, loss of focus, sweating/chills, shakiness or tremor, fever, insomnia, stress, hallucinations, etc.)*

### **Functional Impairment**

I've noticed worsening stress, focus, memory, mood, anxiety, fatigue, appetite and/or impulse control over time.

I've occasionally not been able to do what was expected of me after/while drinking.

Alcohol has hurt my grades, job, and/or my relationships with friends & family.

Since I've started drinking, I've stopped or lost interest in something I used to enjoy.

I've used alcohol to manage an activity, such as sleeping, working, socializing, etc.

### **Loss of Control**

I've drunk in larger amounts or for a longer period of time than I intended.

I've tried to set rules for my drinking but struggled to follow them.

I've worried about running out and/or not being able to drink alcohol.

I've drunk when it was dangerous or irresponsible to do so.

I've suffered a legal or disciplinary action as a consequence of my drinking.

Friends, family or others have expressed concern about me and/or my drinking habit.

I realize that my drinking is harming me in a variety of ways, but I continue to drink.