

Signs and symptoms of alcoholism

- **Compulsion**. Feeling a strong need to drink.
- **Blackouts**. Periods of time after drinking that cannot be remembered.
- **Tolerance**. Requiring increasingly larger amounts of alcohol to experience the same effect.
- **Physical withdrawal symptoms**. These may include nausea as well as shaking, sweating, confusion and hallucinations (*delirium tremens*) while not drinking. Delirium tremens (also known as “the DTs”) is the most serious symptom of acute alcohol withdrawal.
- **Legal, relationship, financial problems**.
- **Anhedonia**. Loss of interest in once pleasurable activities.
- **Unusual drinking habits**. These may include drinking alone or in secret, gulping drinks or making a ritual of having drinks before, during and after dinner.
- **Irritability**. Feeling irritable when drinking patterns are disrupted.