

Ten Warning Signs of Alcoholism

The following are ten **warning signs** of alcoholism:

1. Do you ever drink after telling yourself you won't?
2. Does your drinking worry your family?
3. Do you drink alone when you feel angry or sad?
4. Have you ever felt you should cut down on your drinking?
5. Do you get headaches or have hangovers after drinking?
6. Does your drinking ever make you late for work?
7. Have people annoyed you by criticizing your drinking?
8. Have you ever felt bad or guilty about your drinking?
9. Do you ever forget what you did while you were drinking?
10. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

If you answer even one of these questions with a "yes," you could be an alcoholic.