



## CHECKLIST FOR SYMPTOMS OF ALCOHOLISM

Does the person:

Yes No

- 1 . Need a drink to get over a hangover?
2. Like to drink alone?
3. Lose time from work due to drinking?
4. Need a drink at a definite time of day?
5. Lie about, cover up or make excuses about drinking?
6. Suffer loss of memory while or after drinking?
7. Find efficiency or drive decreasing?
8. Drink to relieve stress, fear, shyness or insecurity?
9. Find that drinking is harming or worrying the whole family?
10. Become more moody, jealous or irritable after drinking?

If any answers are YES, the person may be on the road to alcoholism. Recognizing the problem is the first step to stopping it.

Millions of people have family, social, job or legal problems related to alcohol but don't fit the definition of an alcoholic. REMEMBER- problem drinkers need help, too.

-Adapted from the Charming L Bete Co., Inc. brochure, "What everyone should know about Alcoholism."

