

# WARNING SIGNS OF ALCOHOL DEPENDENCE

## Descriptions of Social Problems (Family, Work, Legal, Leisure) Due to Excessive Drinking

- Staying away from work or going in late because of drinking or a hangover
- Getting drunk instead of doing things you should do
- Being so hung over that it interferes with doing things you should do
- Driving a car after having too much to drink
- Doing things when drinking that could cause you or someone else to be hurt
- Giving up or cutting down on activities or interest, like sports and social gatherings, in order to drink
- Losing family relationships or friendships because of drinking
- Continuing to drink even though it causes problems at home, work or school
- Having a spouse, partner or girlfriend threaten to leave you because of your drinking
- Continuing to drink even though it causes you emotional problems such as depression or anger (verbal/physical outbursts)
- Continuing to drink even though it is a threat to your physical health

## Symptoms of Psychological Dependence to Alcohol

- Drinking much more than you intend
- Hard to stop drinking once you start
- Drinking for a longer period of time than you intend
- Unable to cut down or stop drinking
- Spent a lot of time drinking or getting over the effects of drinking

## Symptoms of Physical Dependence to Alcohol

- Tolerance** ● the same amount of alcohol has less effect than before  
● you need to drink more than before to get the same effect

- Withdrawal Symptoms** ● getting sick or vomiting after drinking or the morning after  
● feel depressed, irritable or nervous after drinking, or the morning after  
● find yourself sweating heavily or shaking after drinking; hearing/seeing things that aren't really there after drinking, or the morning after

**Drinking to relieve or avoid withdrawal symptoms** ● Taking a drink to keep yourself from shaking or feeling sick either after drinking, or the morning after.

## WHAT CAN YOU DO?

- A** If you have experienced any symptoms of psychological dependence or family, social, work, health problems related to your drinking, it is time to cut back to low risk levels of consumption or quit. Before you make a decision, think about your priorities in life and personal needs.
- B** If you have experienced any of the symptoms of physical dependence you should consider getting a full SOS Assessment to help you determine the best plans for your future well-being.