

10 Questions to Help Identify Alcoholism

1. When you are troubled or under pressure do you drink more heavily than usual?
2. When drinking with others do you try to hide taking a few extra drinks?
3. Do you sometimes feel guilty about your drinking?
4. Are you irritated when your family or friends mention concern over your drinking?
5. Are you late or do you miss work or school altogether because of drinking too much?
6. When sober do you ever regret things you've said or done while drinking?
7. Are you having an increasing number of financial and work problems?
8. Do you drink to relieve stress or anxiety?
9. Do you feel depressed and wonder whether life is worth living?
10. Do you suffer from hangovers or have withdrawal symptoms?

If you answered yes to two or more of these questions, you may have a problem with alcohol abuse or addiction and it is likely that you would benefit from therapy or treatment. Alcoholism does not need to control your life.

Solutions Treatment Center can help. Call Today for more information.
877-499-1354 or visit our website at www.treatmentsolutions.org