



THERE IS NO WEALTH BUT LIFE
JOHN RUSKIN

- Family or social problems associated with drinking.
 - Hiding alcohol & lying about drinking
- Making promises about drinking to oneself or others ("to cut down on drinking")
 - Drinking to escape from pressure or to solve life's problems.
- Feeling guilty after drinking or regret over what was done while drinking.
 - Getting drunk even when intending to stay sober.
- Significantly increased tolerance to alcohol (early indication of problem drinking).
- Drinking capacity, once high, starts dropping (later indication of problem drinking).
 - Blackouts (not recalling the drinking episode).
 - Increased absenteeism and lateness (job or classes).
 - Academic or job difficulties related to drinking.
 - More susceptibility to accidents and illness.
- Marked changes in behaviour or personality when drinking.
 - Getting drunk frequently. Gulping drinks.

Please note that one sign on its own does not indicate an alcoholic problem. These are just guidelines!

*If you or someone you know is showing these warning signs, please think about **getting help***

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