Signs of Problem Drinking or Alcoholism

1. Frequent intoxication. Drinks to get drunk rather than having a drink or two.
2. Drinking to escape from pressures, such as studies or responsibilities and demands of life.
3. Drinking to hide shyness or drinking due to a lack of self-confidence.
4. Tolerating larger amounts of alcohol than others.
5. Feeling a need to drink before social events.
6. Need for alcohol as part of almost every activity, regardless of the nature.
7. Drinking and getting drunk even when intending to stay sober.
8. Feeling guilty after drinking or regretting what was done while drinking.
9. Friends sometimes express concern over the amount the person is drinking.
10. Marked changes in habits, personality, or mood caused by drinking.
11. Grades steadily slipping, exams being missed, assignments not completed because of drinking.
12. Skipping classes due to hangovers.
13. “Blackouts” or inability to remember what happened while drinking.
14. A need to drink increasing amounts of alcohol to reach the desired effect.
15. Injuries to self or others while intoxicated.
16. Breaking the law while intoxicated. One or more arrests for driving while intoxicated.
17. Starting the day with a drink.
18. Excessive denial that a drinking problem exists.
19. Drinking alone or drinking periodically throughout the day.
20. Skipping meals due to drinking.
21. Negative consequences due to drinking (loss of girlfriend/boyfriend, causing damage, disciplinary action in a residence hall or other residential facility or on campus).