

GUIDANCE ASSOCIATES OF PENNSYLVANIA

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THE 9 SIGNS OF ALCOHOLISM

1. Increase in alcohol tolerance.

"I can drink them under the table."

2. Occasional or partial memory lapses.

"Did I really do that last night?"

3. Drinking beyond one's intentions.

"Boy, did I get smashed! I should have eaten something."

4. Increased dependence on alcohol.

"I can't wait...got to have a quickie."

5. Sneaking drinks.

"I needed that extra one...who's to know?"

6. Preoccupation with alcohol.

"Election Day is tomorrow...better pick up a bottle."

7. Resentful whenever one's drinking is discussed.

"It's none of their business...I can handle it."

8. Futile, frustrating water-wagon attempts.

"This time I've just got to do it...Just got to!"

9. Rationalizing loss of control.

"If they had my problems, they'd drink too!"