

Title:

20 Signs that you may have a problem with booze.

Word Count:

457

Summary:

Do you ever wonder if you have a problem with your drinking. This article lists some behaviours

Keywords:

alcoholic, living with an alcoholic, enabling, co-dependency

Article Body:

You know that you have got a problem with booze when:

- 1 before every party or social occasion your partner asks you ^not to drink too much tonight~.
- 2 you feel that everyone in your company drinks too slowly or doesn't know how to let their hair down.
- 3 you are having extra drinks when you go to the bar, because (see number 2).
- 4 you hate going to any social occasion if there is no opportunity to drink.
- 5 you think about drinking constantly, can't wait to finish work to go and have a drink, can't wait to go home to have a drink.
- 6 you hide alcohol around the house, garage, office, wherever.
- 7 you lie about how much you drink and how often you are drunk, always minimising the amount.
- 8 you can't, or find it difficult, to set a limit on the number of drinks and keep to it.
- 9 you drink too much at inappropriate times, embarrass your family, friends and self.
- 10 you feel guilty about the night before and have difficulty looking people in the eye.
- 11 your hands shake in the morning
- 12 you feel sweaty on waking and for most of the day
- 13 the previous night's drinking is a bit of a blur, or worse still a blank.
- 14 your partner increasingly criticises your drinking
- 15 your friends increasingly criticise your drinking
- 16 your co-workers and/or boss increasingly criticise your drinking
- 17 you don't count your money in dollars or pounds but in the number of drinks that it will buy
- 18 you are always the last of your group to leave the bar and the first to suggest another bar
- 19 you find it increasingly difficult to talk to people or socialise without having had a drink
- 20 you want a drink as soon as you wake up

If you experience a couple of them occasionally it does not necessarily mean that you have a problem.

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