

Signs of a Drinking Problem

If you or a loved one drink more alcohol than you planned, have a strong need, or urge to drink or your tolerance has gone up, you may be addicted to alcohol.

Alcohol Use Disorder is a medical condition defined by a desire or need to drink even when it causes trouble for you. If you think you or a loved one may be suffering from alcohol use disorder, here's a list of the signs to look for:

Your drinking has put yourself or someone you love in danger; Your drinking has caused conflicts or social problems with friends or family; You choose to drink instead of going to school, work or taking care of your responsibilities; You feel physically sick when you stop drinking; You have to drink more to get the same effect; You have to drink for longer periods of time to get the same effect; You tried to quit drinking before with no success; You spend a lot of time thinking about drinking, drinking or planning to drink; You have noticed negative physical or psychological problems because of your drinking; You've given up activities you once enjoyed to spend more time drinking; You have strong urges or cravings to drink that are hard to ignore.

If you or a loved one answered yes to any of these questions, you may have a drinking problem. Reach out for support. You don't have to do this alone. There are several types of treatment for troublesome alcohol use. Reach out to your healthcare provider, a therapist, or counselor to find the best treatment plan for you. For more information on recognizing alcohol-related problems, visit niaaa.nih.gov.