

# Signs of Alcohol or Substance Use Disorder

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If you are not sure if you have a problem with alcohol, answer the following questions. Do you or have you...

1. Have times when you end up drinking alcohol more or longer than intended?
2. More than once wanted or tried to reduce or stop drinking but couldn't?
3. Spend a lot of time drinking or being sick from the aftereffects?
4. Wanted a drink so badly you couldn't think of anything else?
5. Find that drinking – or being sick from drinking – often interferes with work, family or school duties?
6. Continue to drink alcohol even though it was causing trouble with your family or friends?
7. Given up or cut back on activities that are important, interesting or pleasurable to you in order to drink?
8. More than once gotten into situations while or after consuming alcohol that increased your chances of getting hurt (such as swimming, driving, using machinery, walking in a dangerous area or having unsafe sex)?
9. Continued to drink alcohol even though it is making you feel depressed, anxious or adding to another health problem? Or after having had a memory blackout?
10. Have to drink much more than you once did to get the effect you want? Or find that the usual number of drinks had much less effect?
11. Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, racing heart or a seizure? Or sensed things that were not there?

## **If you answer**

two to three questions in the affirmative you are considered to have mild alcohol use disorder. Those who cite four to five are moderate cases. Those who confirm six criteria or more are believed to be severely affected by their alcohol consumption.

