



Checklist for Symptoms of Alcoholism

Does a person - -

YES NO

- | | | |
|--|--------------------------|--------------------------|
| 1. Need a drink the "morning after?" | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Like to drink <u>alone</u> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Lose time from <u>work</u> due to drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. <u>Need</u> a drink at a <u>definite</u> time daily? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have a <u>loss of memory</u> while or after drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Find himself (or others) <u>harder to get along with</u> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Find his efficiency and ambition decreasing? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Drink to relieve shyness, fear, inadequacy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Find his drinking is <u>harming</u> or worrying his family? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Find himself more moody, jealous, or irritable after drinking? | <input type="checkbox"/> | <input type="checkbox"/> |

IF - the answers are "**YES,**" he probably is suffering from "**ALCOHOLISM.**"

If he recognizes it, he can arrest it. This is one condition where the recovery is almost entirely up to the individual.