

Self Test : Abuse or Alcoholism

admin · Wednesday, September 17th, 2008



Has your drinking advanced to alcohol abuse or alcoholism? Ask yourself these questions:

- What are your first thoughts in the morning? If having a drink ranks in the top 1 or 2, there could be problem.
- Do you feel guilty about your drinking enough to hide it from those who care about you? From your boss, or your spouse, or children?
- Do you often think about how you should cut back on the amount of drinking you do? Have you made failed promises to stop?
- Do you get irritated when others mention or, disapprove of your special relationship with alcohol?

Answering yes to any of the questions could be an indicator that you have at least alcohol abuse and perhaps even suffer from alcoholism. Seek help now!

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