

# Warning Signs of Alcohol Abuse

If you answer **"yes"** to any of the following questions, you may have a problem with alcohol:

Do you get drunk on a regular basis?

Do you come in late or miss work  
due to drinking?

Do you drink alone  
when you feel angry or sad?

Do you lie about  
how much alcohol you drink?

Do you ever drink  
after telling yourself you won't?

Do you ever forget what you did  
while drinking?