

What are the Signs of Excessive Drinking?

There are many signs that can point towards excessive drinking tendencies. These include but are not limited to:

1. **Drinking more than intended:** Frequently finding that you're drinking more or for longer than you had planned.
2. **Inability to cut back:** Despite wanting to reduce your drinking, you find it difficult or impossible to do so.
3. **Spending a lot of time drinking:** You might spend a significant amount of time obtaining, drinking, or recovering from alcohol.
4. **Cravings:** Strong urges or cravings to drink alcohol, which can become overwhelming.
5. **Interference with daily life:** Alcohol starts to affect your work, school, or social responsibilities, leading to problems like missed appointments, poor performance, or strained relationships.
6. **Tolerance:** Needing more alcohol to achieve the same effects, indicating that your body has become accustomed to the substance.
7. **Withdrawal symptoms:** Experiencing symptoms like shakiness, sweating, nausea, irritability, or anxiety when not drinking, indicating physical dependence.
8. **Neglecting other activities:** You may give up or reduce participation in hobbies, activities, or social events that you used to enjoy in favor of drinking.
9. **Drinking in dangerous situations:** Engaging in risky behaviors, such as driving under the influence or drinking in unsafe settings.
10. **Continued drinking despite health issues:** Persisting in drinking even when you know it's causing or worsening health problems, such as liver damage, anxiety, depression, or memory problems.

If you recognize multiple signs in yourself or someone else, it may be an indication that drinking has become a problem. Seeking help from a healthcare professional or a support group can be an important step toward managing and addressing excessive drinking.

LEARN MORE AT [SAHMSA](#)