

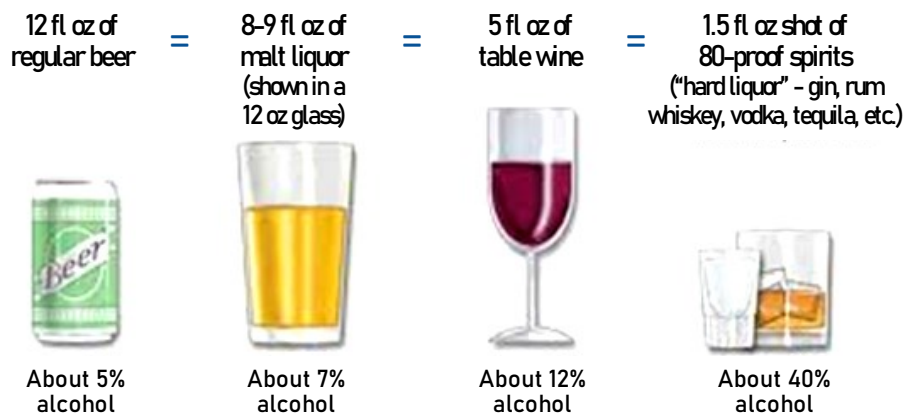
# The Difference Between Casual Drinking, Alcohol Abuse & Alcoholism



## Are you wondering if you are alcoholic?

Following are some questions to ask yourself:

- Do you see changes in your mood? Are you more irritable, agitated or aggressive?
- Are you experiencing problems at work or at school?
- Do you have health problems or just feel sick frequently?
- Are you no longer participating in activities that you previously enjoyed?
- Have you gotten in trouble with the law?
- Do friends or family say they see a change in you?
- Have you tried to stop but just keep going back to drinking?
- How much do you *really* drink?



There is a lot of information online especially at the National Institute on Drug Abuse ([www.drugabuse.gov](http://www.drugabuse.gov)) or at Substance Abuse and Mental Health Services Administration ([www.samhsa.gov](http://www.samhsa.gov)) to help you discover more about drugs and alcohol. There's nothing better than getting personal help though so I encourage you to seek out counseling to get individualized help that you need.