

SIGNS YOUR DRINKING HAS BECOME A PROBLEM



DRINKING IN ISOLATION

You may have heard the adage about drinking alone, and psychologists say there's truth to it. Drinking in isolation is a red flag that a vice has become a problem.

INABILITY TO CONTROL AMOUNT

If you find yourself "topping off" a single glass multiple times, or that you're unable to stop once you start, this is a sign you've crossed a line.



LYING ABOUT DRINKING HABITS

if you notice that you are telling "white lies" about your drinking, whether it's the amount, frequency, or how much you spend, it's time to reassess your habits.

EXPERIENCING WITHDRAWAL SYMPTOMS

Withdrawal symptoms, such as nausea, anxiety, restlessness and headache, are a sign of alcohol dependence and a need for professional help.

