

## Warning Signs Of A Problem

*Adapted from the National Institute of Drug Abuse's Website [www.nida.nih.gov/DrugsofAbuse.html](http://www.nida.nih.gov/DrugsofAbuse.html):*

- . Drinking to get drunk
- . Drinking alone
- . Drinking that worries friends and family
- . Regular hang-overs
- . Substance is often taken in larger amounts or over longer period than intended
- . Persistent desire or one or more unsuccessful efforts to cut down or control substance use; drinking after telling yourself you won't
- . A great deal of time is spent in activities necessary to get the substance (e.g., theft), taking the substance (e.g., chain smoking), or recovering from its effects
- . Important social, occupational, or recreational activities given up or reduced because of substance abuse
- . Continued substance use despite knowledge of having a persistent or recurrent social, psychological, or physical problem that is caused or exacerbated by use of the substance
- . Marked tolerance: need for markedly increased amounts of the substance in order to achieve intoxication or desired effect, or markedly diminished effect with continued use of the same amount
- . Characteristic withdrawal symptoms for specific substance
- . Substance (or a closely related one) often taken to relieve or avoid withdrawal symptoms
- . Frequent intoxication or withdrawal symptoms when expected to fulfill major role obligations or when use is physically hazardous
- . Difficulties in controlling substance-taking behavior in terms of its onset, termination, or levels of use
- . A strong desire or sense of compulsion to take the substance
- . Sexual performance issues
- . Driving while intoxicated
- . Becoming unreasonably angry or aggressive – fighting, vandalizing, forcing sex, etc.
- . Not remembering what happened the night before
- . Drinking to escape worries or troubles
- . Depressive mood states consequent to heavy use, or drug related impairment of cognitive functioning; feelings of isolation; trouble with sleeping
- . Getting in trouble with family, roommates, significant others, friends, a resident assistant (RA), or the law as a result of drinking

**A recent governmental study found in self-reports 31% of college students met criteria for a diagnosis of alcohol abuse & 6% for a diagnosis of alcohol dependence in the past year.** (“A Call to Action: Changing the Culture of Drinking at U.S. Colleges”, National Advisory Council on Alcohol Abuse and Alcoholism, April, 2002)