

30 Signs you Need to Take a Break from Alcohol

To put your mind at ease about your drinking habit, read this list.

To make sure that you do or don't have a problem with alcohol, read this list.



Tick off the items that apply to you:

1. You **make rules for yourself** about when you'll drink or how much you'll drink and have trouble sticking with them
2. You **wake up at 2 am or 3 am** with a racing mind or anxiety or find it hard to sleep
3. You **feel less energetic** than you used to, mentally sluggish or less effective at work
4. Other people **make comments or joke** about your drinking. You get birthday gifts with a 'wine theme'
5. You only do part of your drinking with others. You have a glass of wine **before you go out** or pour another drink **after you get home**
6. You're **touchy and defensive about your drinking** and downplay how much or how often you drink when talking to other people
7. You **drink more days of the week than you don't**
8. You **use drinking as a coping mechanism**. If you have a horrible day at work, or get some bad news and your immediate reaction is, "I need a drink" ...
9. You feel like you've got it all together, but **alcohol is the one thing you don't have a handle on**.
10. Most of **your social activities revolve around drinking** and you can't imagine your life without wine
11. You wake up and **regret how much you drank** the night before
12. You **downplay how much you drink** when asked by your doctor or therapist ("I drink a few drinks, a few nights a week...")
13. You **don't have an off switch**. Once you start drinking you always want more
14. You've always got **one eye on the booze** (at restaurants, how much wine is in the bottle on the dinner table, how much other people are drinking or not drinking...)
15. You're **embarrassed by your recycling**
16. When checking out at the grocery or liquor store you mention that you're "having a party" because of **the number of bottles** you're buying
17. You're annoyed if you have to go to **events that don't serve alcohol**
18. You don't remember the end of shows or conversations you've had after drinking
19. You wake up and **check your texts and social media posts** in case you wrote something you don't remember or regret
20. You find bruises you **don't remember** getting, are *clumsy* or trip after a few glasses of wine
21. You wake up feeling sick from drinking with a **headache or a hangover**
22. Your serving sizes have increased and you're pouring **bigger glasses** of wine
23. You've tried to **switch what kind of alcohol you drink** so that you'll drink less
24. You have a lingering feeling of **fear, unease or doom**
25. You **engineer occasions to drink** with colleagues, friends or your partner
26. You've wondered if you have "enough" alcohol at home or **if you should run out** for a bottle of wine
27. You feel an **increase in anxiety or stress**
28. Your **eyes are watery or bloodshot** in the morning
29. You find yourself **outpacing other people when drinking** together
30. **You're reading this list.**

Remember: You don't need to be an alcoholic to decide that drinking is changing who you really are.



Is this YOU?

- ❖ You keep Googling “Am I drinking too much?”; “How much wine is too much?” “What is a safe number of wine glasses per day?” “Why am I drinking so much?”
- ❖ You wonder daily if you should take a break from drinking. You don't think you have a real problem but...
- ❖ You work hard, you run the home, you drive up and down with the children, you cook great dinners, and you have time for friends too!
- ❖ And you love to drink. It's your favourite thing. Cold Chardonnay, Sparkling G & T, a foamy beer...
- ❖ Maybe you fall into the category of grey area drinking. You are not an alcoholic and you are not a teetotaler - you are in between, and you drink daily.
- ❖ You think you are OK because:
 - You don't drink in the morning
 - You don't hide the vodka in the washing machine
 - Your hands don't shake
 - You don't reek of alcohol
 - Friends and family haven't mentioned that you may be drinking too much
 - You haven't missed work because of drinking
 - You don't need to detox from alcohol
 - You haven't been warned about drunken driving
 - You're not an alcoholic.

That's awesome!

But something is wrong.

Contact [Tribe Sober](#) to hear more about taking a break from drinking today.