

HOW TO KNOW IF YOU HAVE A DRINKING PROBLEM



5+ Drinks
Per Day

15 Drinks
A Week



4+ Drinks
Per Day

8 Drinks
A Week



DRINKING PATTERN



3 Days A Week:
Binge Drinking Or
Drinking To Intoxication

NEGATIVE CONSEQUENCES

Withdrawal Symptoms
Financial Trouble
Relationship Issues
Avoiding Responsibility



DENIAL

67%

Of Alcoholics
Downplay
Alcohol Abuse