

Addiction leaves Clues. No Matter how secretive the addict or alcoholic tries to be, if you look at the big picture, you can make a good judgment call. See how many yes answers you have. Old age is not a rational reason

14 Clues

- 1 Drinking more than before, or alone. Has a ritual of having drinks and becomes annoyed when this ritual is disturbed.
- 2 5pm martini is now at 10am or earlier, prescribed Xanax, daily for over 1 month
- 3 Often has the smell of liquor on his/her breath, is intoxicated or tipsy, and has slurred speech or falls asleep during conversations
- 4 Secretly disposes of large volumes of empty beer and liquor bottles. Makes excuses to keep liquor in the house (guests, special occasions, etc.)
- 5 Calls at odd hours or has become more hostile or resentful than usual
- 6 Suffers from tremors and shakes, losing his/her memory
- 7 Has bottles of tranquilizers on hand and takes them at the slightest sign of disturbance
- 8 Can't handle routine chores and paperwork without making mistakes
- 9 Has lost interest in activities and hobbies that used to bring pleasure
- 10 Has unexplained burns or bruises and tries to hide them
- 11 Frequently expresses a wish to die, is depressed, isolated, withdrawn
- 12 Complains of constant sleeplessness, loss of appetite, or chronic health problems that seem to have no physical cause
- 13 Neglects home, bills, pets, personal appearance and gaining or losing weight
- 14 Has irrational or undefined fears and delusions, or seems under unusual stress