

Signs of Problem Drinking

Problematic drinking differs from binge drinking in that it examines patterned behaviors related to alcohol use. This is not to say that binge drinking may be a sign of problematic drinking, but that an individual scenario of binge drinking is not enough to qualify the behavior as problematic.

Some signs that someone's drinking is becoming problematic include:

- Risk of bodily harm (e.g. drinking and driving, swimming while intoxicated)
- Negatively impacting personal relationships
- Lawful consequences of actions and behaviors while drinking
- Loss of control over alcohol (e.g. not being able to maintain limits)
- Increased tolerance to the effects of alcohol

Concerned about yourself or a friend? Use this [quick screening tool](#) [1].

Sources:

- Rethinking Drinking: <http://rethinkingdrinking.niaaa.nih.gov> [2]
- Alcohol Abuse and Alcoholism: <http://jama.ama-assn.org/content/295/17/2100.full.pdf> [3]

Source URL: <https://caps.unc.edu/self-help/alcohol-and-other-drugs/signs-problem-drinking>

Links

[1] <http://www.alcoholscreening.org/Home.aspx>

[2] <http://rethinkingdrinking.niaaa.nih.gov/>

[3] <http://jama.ama-assn.org/content/295/17/2100.full.pdf>