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Special Report to know if you are alcoholic! (or someone else)

1. You wake up in the morning and can't remember what happened!(Blackout)
2. Your girlfriend/boyfriend/ friends tell you stuff you did but you don't know!(Blackout)
3. Your girlfriend/boyfriend left you because you drink too much.
4. You spend more time looking forward to drinking and going out then you do at home/work.!
5. You are always broke but have enough to buy some beer!
6. You spend more time obtaining, using or recovering from the effects of alcohol!
7. You don't do those things any more that you used to like to do like bike riding or skiing.
8. You don't go out with others anymore and all your friends aren't around.
9. You continue to have legal problems such as DUI or Reckless Driving!
10. You lost your job because of being always hung over, late or calling in sick on Monday's.
11. You can't think as clearly and are depressed.
12. You need to control how much and when you drink alcohol because if you drink you can't stop!

Having just one of these doesn't make you an alcoholic but having more than one means you do have a big problem and need to find out about it. All of them and you definitely are an alcoholic. Call Avalon Center 206-935-6228 for help.