

# What Alcohol Abuse Looks Like

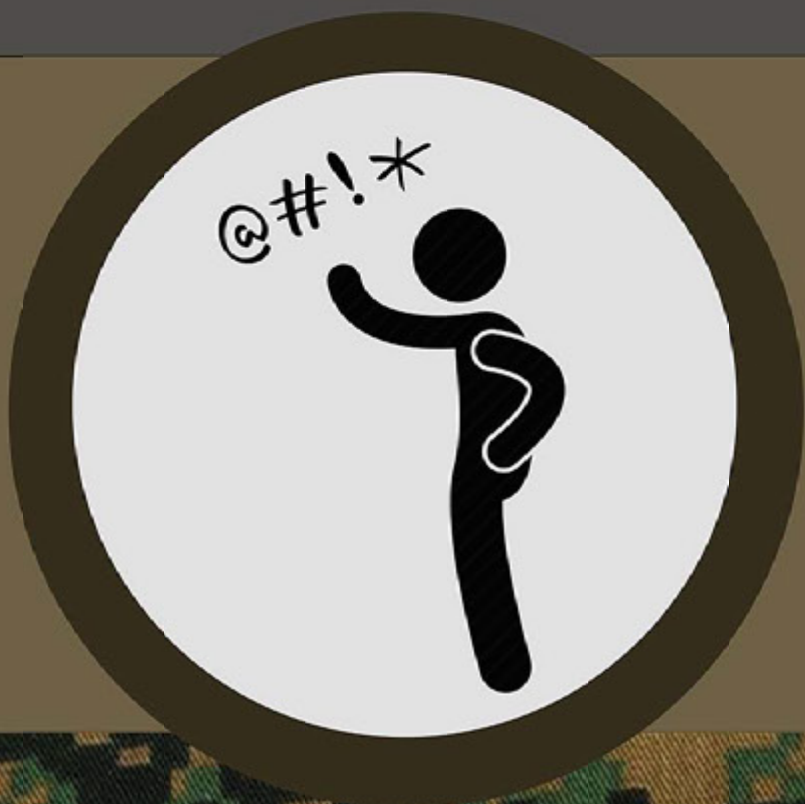


## Withdrawals

Experiencing withdrawal symptoms such as nausea, sweating and shaking when not drinking or drinking to avoid these symptoms.

## Lack of Self-Control

Wanting to cut down on how much you drink and making unsuccessful attempts to do so.



## Denial

Continuing to drink alcohol even though you know it's causing physical, social or interpersonal problems.

**Warriors achieve toughness through self-control.**

For more information, call the Substance Abuse Counseling Center at 760-830-6376.

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