

Alcohol Addiction Worksheet

SIGNS OF ALCOHOLISM:



Harmful Effects of Alcohol Addiction on your Physical & mental health:

<ul style="list-style-type: none"> • Sexual Dysfunction • Cancer • Headache • Impulsivity • End up in Accidents • Amnesia • Cardiovascular problems 	<ul style="list-style-type: none"> • Injuries due to behavioural issues & fights • Bronchitis • Seizure disorders • Hypoglycemia • Other mental disorders like anxiety and depression
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Cycle of Alcohol addiction:



Behavioral ways to deal with Alcohol addiction

Keep yourself engaged	Do Exercise	Avoid your Triggers
Drink slowly	Reward yourself for not drinking	Set goals for not drinking
Connect with people & your peers	Meditation	Maintain a Journal