If You Notice… Read…

If you notice…	Read
Wondering whether you drink too much	Ch. 1, p. 2; Ch. 5, p. 36
Needing a drink in the morning, or shaky hands without one	Ch. 1, p. 2; Ch. 8, p. 61
You've stopped drinking and are starting to shake, sweat or can't sleep	Ch. 8, p. 61
The 6 p.m. drink seems to pour itself	Ch. 2, p. 10
Enough hours in bed but still tired, or waking at 3 a.m.	Ch. 3, p. 18; Ch. 11, p. 91
A racing or irregular heart after drinking	Ch. 3, p. 18
High blood pressure and drinking heavily	Ch. 3, p. 18
Feeling low for a long time, or drinking to feel less sad	Ch. 2, p. 10; Ch. 3, p. 18
Taking sleeping pills, sedatives or painkillers	Ch. 4, p. 27; Ch. 9, p. 71
Pregnant or trying to conceive	Ch. 4, p. 27; Ch. 7, p. 53
Over 60 and dizzy or falling after drinking	Ch. 4, p. 27
A red face or racing heart after one drink	Ch. 4, p. 27
A parent, brother or sister who had a drinking problem	Ch. 4, p. 27

If you notice…	Read
Wanting an objective number for your drinking	Ch. 5, p. 36
Worried about the label "alcoholic"	Ch. 6, p. 46
Not sure whether to cut down or stop	Ch. 7, p. 53
Living with liver disease	Ch. 7, p. 53; Ch. 8, p. 61; Ch. 9, p. 71
Wanting to ask a doctor about medicines to stop or cut down	Ch. 9, p. 71
Not wanting to do it alone; looking for a group or a professional	Ch. 10, p. 81
Worried about someone close to you who drinks heavily	Ch. 10, p. 81
Violence or threats from someone at home who drinks	Ch. 10, p. 81
Wanting to try 30 days without alcohol	Ch. 11, p. 91
Dreading parties and being offered drinks	Ch. 12, p. 100
Thinking of alcohol-free beer or wine	Ch. 12, p. 100
Just finished 30 days and not sure what's next	Ch. 13, p. 108
Just slipped and feeling "I've blown it"	Ch. 13, p. 108
Wanting to look back after a year	Ch. 14, p. 116