Acute Withdrawal Symptoms

Circle any of the following symptoms you may have experienced within hours or days of stopping use of alcohol or other drugs:

- Runny nose?
- Excessive yawn?
- Goose bumps?
- Excessive sweating?
- Night sweats?
- Uncontrollable tears?
- Anxiety?
- Agitation?
- Crawling skin?
- Excitability?
- Inability to get to sleep?
- Fatigue?
- Fidgety or restlessness?
- Cravings or obsessing?
- Tremors or shaky hands?
- Headaches?
- Weakness or stiff joints?
- Muscle twitches?
- Lightheadedness?
- Feeling sad, blue or down?
- Blurred or double vision?
- Extreme thirst?
- Dry mouth?
- Increased urination?
- Vivid, unpleasant dreams?
- Increased aches and pains?
- Convulsions or seizures?
- Nausea or vomiting?
- Flushed face?
- Constipation or diarrhea?
- Rashes or itching?
- Hot or cold flashes?
- Abdominal cramps?
- Hyperactivity?
- Disoriented to time or place?
- Dizziness?
- Memory problems?
- Unable to concentrate?
- Unable to keep focused?
- Nightmares?
- Ringing in ears?

Hallucinations: visual (seeing things not there), auditory (hearing sounds not there), or tactile (touch sensations)

Increased sensitivity: to light, sounds, tastes, or smells?

Are you currently experiencing any of the symptoms listed above? If so, which ones? Indicate with a check-mark.