

ELEVEN SIGNS ALCOHOL OR DRUGS MAY BE A PROBLEM FOR YOU

Many of my clients ask, How can I know whether alcohol is a problem for me? I drink but, not often, or not much? Is it a problem?

One generally knows, or has a good idea that drugs are problematic. Drugs are, usually, illegal ...you know, like Marijuana, cocaine, heroin—the ones you get off the street, or from friends, or do not want others to know about, or you know you would be arrested if you were caught by Police. Still other drugs, even disguised as medication—like pain pills, those for anxiety (Xanax, Valium), can become problems. Other habits can become problems, otherwise called addictions, as well. For example, gambling, the internet, shopping or even sex can often become addictive, harmful habits. So, how then, can we determine when something has now become a problem, an addiction, versus not a problem or habit or addiction?

Here are eleven indications that you may have some areas in your life that need to be addressed. Just insert your Thing, whether it is the drug, slot machine, credit card—whatever, for the word, alcohol or Drinking. If, after reading this, it feels like an ...ug!, well it likely is. However, do not despair, there is hope. And be assured, you are not alone.

1. Most of your social events are centered around where drinking is present, and if there isn't drinking, you feel disappointed or no longer want to attend the event.
2. Generally, when bad things happen, alcohol has been involved--the arguments with your family or partners, the fights, legal charges, etc.
3. Consequences become unimportant to you or you do not think about them at all. You have a way of justifying that you will think about that next time ...and you do not.
4. More than once, you have made a clouded judgement about someone of the opposite or same-sex ...you wake up with someone you have no idea how you got with, and do not even know; you find yourself more involved with someone the next day than you really want to be.
5. Hangovers may become more severe. They are actually a warning sign of withdrawal.
6. Total disregard for the illegality of underage drinking, the risk of associating with underage drinkers or supplying alcohol to underage drinkers, or, the Bars who are serving to underage drinkers.
7. Rationalizing. Rationalizing and justifying are, simply, lying ...to yourself, others, everyone and anyone.

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8. One is one too many, one more is never enough
Probably the biggest tell-tale sign of the alcoholic

is the inability to stop drinking once we have started. "One

more, one more, one more" is always running through the mind.

9. It takes more, and more, and more of the substance to get the same effect as you got from just one or two when you first began. Eventually, you get no real response. After that, nothing or very little brings you pleasure.
10. You and others do not notice the changes from the psychological aspect; however, your body begins to change physically (weight loss or gain, tremors, internal medical problems and disease).
11. You spend the next day doing repairs for the previous evening ...making amends to the partner or family, making repairs to the property you destroyed, recovering personal belongings, healing from the hangover or injury to self, repaying legal fees, etc., etc., etc.

How long will you go on? How long you you continue to allow this addiction to destroy and control your life? This is your life, regardless of what you may have been told or what you may believe or have believed in the past, and, it is now up to you. You can begin, today, by making healthy and helpful choices. It is all about you.

Jessie L. Rayl, MA, Ed.D., LPC, ALPS

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