

# 11 Ways to Recognize an Addiction



12/1/2017

**Super Critical Signs to Watch for**

Learn to Identify an Addiction by Observing and Recognizing Critical Signs Which at Times Can be Hard to See.

# 11 Ways to Recognize an Addiction. Super Critical Signs to Watch for!

## The Critical Signs Of An Addiction

An addiction is sometimes hard to see; especially in the early stages. As the disease progresses certain signs begin to appear and if you can recognize them and pay attention the ugly addiction will raise its head and become known.

Identifying the addiction will allow you to face it head on and take steps towards remedy or treatment. We need to educate ourselves and be able to recognize the signs and confirm an addiction crisis in order to even begin on a path towards recovery.

It's not easy.

Here are a few of the most common warning signs of an addiction:

### 1. Denial

Friends and family will usually recognize an addiction before the actual addict does. Once the issue is addressed the addict will typically launch into a self-defense mode and deny everything.

They can be very convincing and will begin to excuse away the incidents or explain in great detail why you are wrong. A great line is, "I am not addicted, and I can stop anytime I want!"

Enthusiastic denial is usually a pretty good indication that a problem exists.

### 2. Secrecy

An addict confirms the addiction when they begin hiding their behavior. Knowing that a reprimand or challenge is in order, an addict will hide their habit and do anything to avoid the conflict, stress, and shame of being caught and confronted.

Watch for signs of secrecy behavior. Unexplained absences, or slinking around, tip-toeing at odd hours, excessive privacy, there are many ways to identify secrecy in an addict's behavior.

### 3. Increased tolerance

Addiction is a progressive disease and as the addiction grows so does the need for more. An alcoholic will drink more, the drug user will use more, whatever the disease or habit the constant demand for more is present.

As tolerance levels increase and the demands grow the behavior becomes more desperate as the difficulty in supplying the habit also increases. Be aware of tolerance levels and intensity in usage. It can sometimes be hard to spot.

### 4. Withdrawal

Withdrawal behavior is pretty easy to see. When an addict is deprived of his or her substance of choice for any length of time you will begin to see the symptoms.

Symptoms can be light such as a moodiness or disturbed behavior and they can be heavy with physical reactions like shaking, sweating, or vomiting.

You could also witness some serious changes in behavior and personality including acts of violence. Be aware and be prepared!

## **5. Disappearing Act.**

One hallmark sign of an addiction is when someone begins to miss appointments or events due to unexplained activities elsewhere. Missing a birthday party or family celebration events, coming to work late or missing a lot of work, missing school or cutting classes, these disappearing behaviors indicate trouble.

Managing an addiction is not easy; it takes a certain level of skill and manipulation. If someone in your life begins the disappearing behavior then trust your instincts and pay close attention.

## **6. Change of interest**

An addiction can be all encompassing and require maximum attention. Usual passions and favored activity can be pushed aside in favor of the constant drive to find and fulfill the need.

When you begin to notice that someone's regular passions and interests change and the things they normally love get pushed aside, then you are probably witnessing an addiction taking over.

Priorities change, habits change, and the addiction becomes the overpowering focus in a life where other things used to be important.

## **7. Passionate Obsessiveness**

An addict becomes obsessive in his constant need to fill and fuel his addiction. What matters most is the ability to maintain the addiction while the normal demands in life take a back seat.

This includes work, family life, social activities; they all take a back seat to the urgency of maintaining an addiction. Get in the way of that activity and you'll quickly see some behavior that you are not used to seeing!

## **8. Tricks and manipulations**

Nobody is more creative or clever than an addict trying to hide his habit. It requires constant strategy and deception. Lying and cover-ups become an art form.

Watch for clever twists and turns, excessive excuse making, manipulation of the truth, blaming others, and most of all, done with a straight face.

It can be very innocent looking but underneath lays a very devious addiction fighting for survival.

## 9. The Theft

With addiction comes the constant need of cash to pay for the supply and the need is ever increasing as the disease progresses. It's not uncommon for theft to begin immediately and nobody is exempt from becoming a victim. Family, friends, neighbors, employers, and co-workers are all fair game to a desperate addict.

Watch for cash missing from your purse or wallet, valuables beginning to disappear, checks missing from your checkbook and showing up on your bank statement with unexplained recipients. Even debit card withdrawals from ATM machines can occur without your knowledge meaning that someone has access to your card and has your password.

## 10. The Bathroom Mystery

You usually find prescription drugs in the bathroom. Be aware of missing drugs from your bathroom or other people's bathrooms when visiting. A drug addict will always look for drugs and opportunities to steal them and the 'medicine cabinet' is the first target.

Pay attention to your own supply and listen to complaints from those around you about missing drugs from their bathroom cabinets. It's a clear sign of an addict at work.

## 11. Hiding places around the house

Alcoholics and drug addicts are very clever in building a collection of hiding places to stash their booze or drugs. If you spot a bottle of alcohol buried amongst the cleaning chemicals under the sink, or if you find a 'baggie' full of 'weed' in the toe of a shoe in the closet, then you've likely found a 'stash' or hiding place. A clear sign of an active addiction.

## In Closing

We've provided just a few clues to recognizing an addict but you should know that we just scratched the surface here. There are a lot of other ways to recognize an addiction and conducting a careful study or talking to a professional will help you in your quest.

If you need help or if you'd just like to talk to someone and maybe ask a few questions, then please contact us at the location below:

## **Chateau Recovery Center**

Addiction treatment center in Midway, Utah

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