

Is Someone You Know Suffering from an Addiction?

7 WAYS TO TELL

Addiction is not a disease that sneaks up on someone overnight. It creeps up slowly, evermore consuming over time. And while different substances do create different symptoms, there are a few signs that are standard across the board for both substance and process addiction sufferers.

Relationships Change and Suffer



They frequently cancel plans, don't answer their phone, texts or email... Is someone you once spoke to or saw on a regular basis now practically unreachable?

Irritability and Mood Changes



If there are no environmental factors at play – such as a breakup, the death of a loved one, or even a mental disorder – mood changes could be an indicator of a drug or alcohol problem.

Lying and Keeping Secrets



An addict will lie to friends, family, and even themselves – constantly! They do not want to believe that a substance is controlling their life, and strongly deny the fact to all.

Decreased Productivity at School or Work



Are grades slipping? Are they often late, absent or missing deadlines at work?

Changes in Sleeping Habits, Energy and Motivation



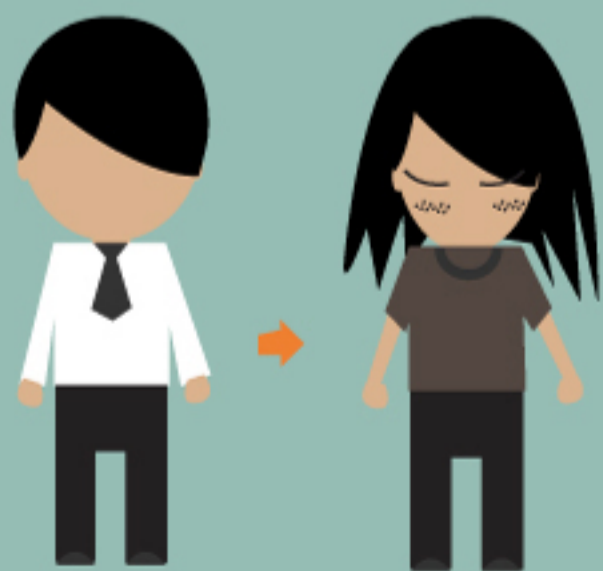
If you cannot justify these differences with say – exam time or major deadlines at work – it is likely due to substance abuse.

Sudden Money Problems



Are they often borrowing money? Have you found cash, jewellery, electronics missing from your home?

Drastic Physical Changes



Alcoholics usually gain weight, while most other addicts tend to lose weight. Their personal hygiene or grooming may not be up to par because once an addiction takes hold, little else matters and many regular habits fall to the wayside.

If you see TWO or MORE of these traits in a loved one, you definitely owe it to them to investigate further.

