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11 Warning Signs of Developing Alcoholism

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It can be difficult to know when you or someone you care about is struggling with alcoholism. Alcohol abuse can often be hidden or disguised among drinkers who believe that because they only drink socially, their use is not problematic.

However, when you lose control of your drinking, compulsively consume alcohol despite negative consequences, and/or experience cravings when not drinking, you may have developed an addiction to alcohol.

Read more about alcoholism warning signs to look for in your own life or in that of a friend or family member.

Warning Signs of Alcoholism

What would you like to learn about?

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diagnosed with AUD, individuals must meet at least 2 of the below criteria within the same 12-month period:¹



- Spending a lot of time obtaining, using, and recovering from the effects of alcohol.
- Being unable to cut down on alcohol use despite a desire to do so.
- Cravings, or a strong desire to use alcohol.
- Having a tolerance (i.e., needing to drink increasingly large or more frequent amounts of alcohol to achieve desired effect).
- Developing symptoms of withdrawal when efforts are made to stop using alcohol.
- Using alcohol in higher amounts or for a longer time than originally intended.
- Giving up previously enjoyed social, occupational, or recreational activities because of alcohol use.
- Being unable to fulfill major obligations at home, work, or school because of alcohol use.
- Continuing to abuse alcohol despite negative interpersonal or social problems that are

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In many cases, people first experiences with drinking and alcohol intoxication take place in their mid-teen years.² And while alcohol use disorders definitely develop in some people earlier in life, a majority of those who go on to develop alcohol-related disorders do so by their late 30s.²

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Ways to Get Sober

You can take several steps to help rehabilitate yourself or someone you care about from alcoholism, including:

- Entering a medical detox facility to help manage potentially severe acute alcohol withdrawal syndrome when stopping drinking.
- Beginning an alcohol treatment/rehabilitation program.
- Participating in aftercare support, such as mutual support groups, once you've completed treatment.

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The **symptoms of alcohol withdrawal** can be unpleasant and potentially dangerous when detoxing on your own, but proper medical management can address serious conditions that may occur or help ease any discomfort.³ Once you've successfully completed detox, a **rehabilitation program** may be encouraged to begin work toward lifetime sobriety and prevent relapse.

Depending on the severity of the AUD, you may be treated in an inpatient or outpatient setting. Regardless of setting, rehab typically involves a mix of private and group counseling sessions, behavioral therapies, medications, and mutual support groups.⁴



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* These fields are required

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John

Last Name *

Smith

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