

Signs and Symptoms of Chemical Dependence

--Just as the common cold has a specific set of symptoms that tell us we have one, so does chemical dependence.--

1. Increase in the amount of alcohol or drugs used.
2. Arrested for possession or DWI/DUI.
3. Dramatic change in mood when drinking or using.
4. Denial of any drug or alcohol problem.
5. Dishonesty with peers or family about drinking or using.
6. Failed attempts to quit or cut down on chemical use.
7. Association with known heavy users.
8. Frequent excuses for chemical use.
9. Protecting supply of chemicals.
10. Low self-image.
11. Hangovers or bad trips.
12. Feelings of anxiety or depression when sober/straight.
13. Frequent mood changes.
14. Deteriorations of job performance or school grades.
15. Stealing money for chemicals.
16. Increased financial problems.
17. Loss of control while using or drinking.
18. Health problems.
19. Suicidal thoughts or behaviors.
20. Dropped by significant other, friend, or family because of chemical use.
21. Violent behavior when high or drunk.
22. Preoccupation with chemicals.
23. Increase in frequency of chemical use.
24. Increase in tolerance.
25. Using chemicals in the morning.
26. Frequent broken promises.
27. Fired from jobs, quitting school.
28. Defensive when confronted.
29. Going in for a chemical dependence evaluation.
30. Entering a chemical dependence program.