

Addictive Behavior

As drug and alcohol use increases, the user tries to keep life under control. This gets harder and harder to do. Finally, the user does desperate things to try to continue to appear normal. These desperate behaviors are called addictive behaviors. They are the things people do related to their drug and alcohol use. Learning to recognize when one of more of these behaviors begin to happen will help you know when to start fighting extra hard to move away from relapse.

Which of these behaviors do you think are related to your drug or alcohol use?

_____ Lying

_____ Stealing

_____ Being irresponsible (not meeting family/work commitments)

_____ Being unreliable (late for appointments, breaking promises, etc.)

_____ Being careless about health and grooming (wearing dirty clothes, not exercising, poor diet, looking messy, etc.)

_____ Getting sloppy in housekeeping

_____ Behaving impulsively (without thinking things through)

_____ Behaving compulsively (too much eating, working, sex, shopping, etc.)

_____ Changing work habits (working more, less, or not showing up at all, changing your hours)

_____ Losing interest in things that are otherwise fun and/or rewarding (recreation, family life, healthy friendships)

_____ Isolating (staying by yourself)

_____ Missing or arriving late to appointments

_____ Using other drugs or alcohol

_____ Not taking prescription medications