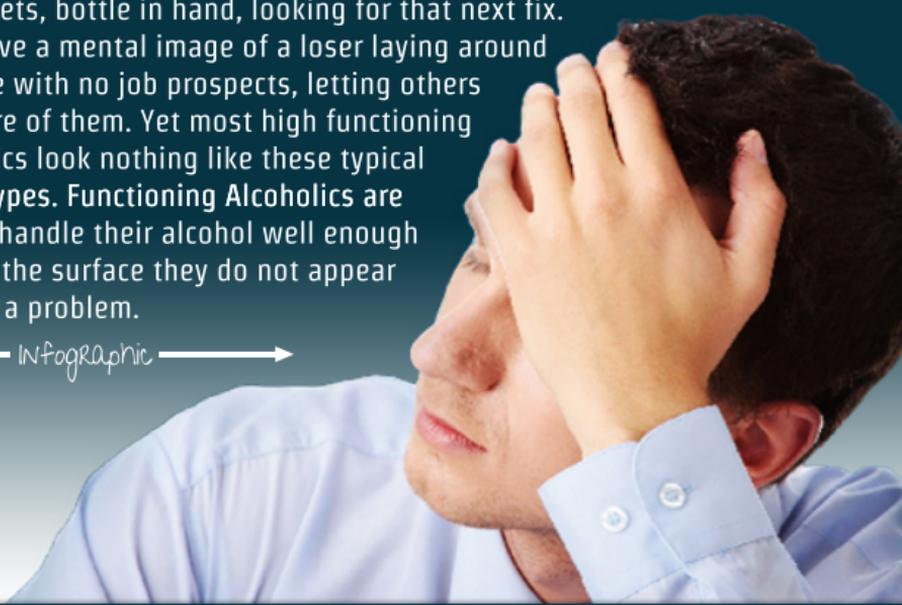


SIGNS OF A FUNCTIONING ALCOHOLIC

Most people think they know what an alcoholic looks like. They typically picture a drunken individual stumbling on the streets, bottle in hand, looking for that next fix. They have a mental image of a loser laying around at home with no job prospects, letting others take care of them. Yet most high functioning alcoholics look nothing like these typical stereotypes. Functioning Alcoholics are able to handle their alcohol well enough that on the surface they do not appear to have a problem.

Infographic



What is a High Functioning Alcoholic?

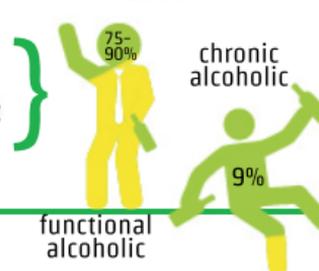
A High Functioning Alcoholic is someone who is able to maintain an outside life, including responsibilities at work, a normal home life and regular friendships, all while drinking excessively.



Those who are struggling with alcoholism, but are able to function well, often ignore their own need for help. They don't view themselves as having a problem that needs to be fixed.



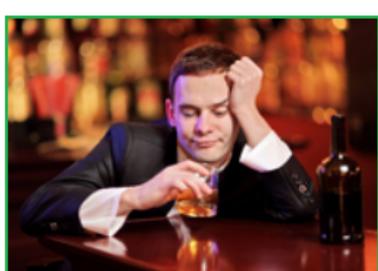
According to a 2007 study done by the **National Institute on Alcohol Abuse**, only 9 percent of alcoholics fit the stereotypes of the "chronic severe" alcoholic. Addiction experts believe that between 75 and 90 percent of alcoholics are actually high-functioning. That is why understanding this condition is so important.



Signs And Symptoms Of a High Functioning Alcoholic:

How can you determine if you or someone you love is living life as a high functioning alcoholic? Consider these signs and symptoms:

- One alcoholic drink will create the need for more
- Obsessive about the next chance they have to drink
- Repeating of behaviors they claim are unwanted
- Change of personality or morals when intoxicated
- Can drink more than others without showing signs of being "drunk"
- Constantly making jokes about wanting a drink
- Drinking is a major part of the individuals life and conversation
- Denial that they have a problem



Getting Help:



The key to getting help for a high functioning alcoholic is getting the individual to admit and realize that they have a problem. Sadly, this will not usually happen until the individual has experienced a severe, life-altering change, like a health concern or serious problem at work. Those who love someone struggling with alcohol should be on the lookout for a potential inroad to breach the topic.



Once the individual has admitted that there is a problem, encourage your loved one to sign up for an alcoholic treatment program. The addiction treatment specialists at RehabCenter.Net are ready to help you or your loved one find the right help. Contact an addiction treatment specialist today to get the help that is desperately needed.