



# Holland Pathways

**YOUR PATH TO RECOVERY**

## Am I Addicted?

*10 signs that you might be  
struggling with drugs or alcohol*



It's healthy to consider and question the decisions you make in your life – especially if they involve drugs and alcohol. Humans constantly evolve over time, and the lifestyle choices that once served you can lose their appeal – or even become dangerous – over time. If you are wondering whether your drug and alcohol use has gotten out of hand, you can make the decision to get help before it gets even worse. Here are ten key questions to help you explore whether it might be time to try a new path.





01

## Do you think your life could be better without drugs and alcohol?

The reality is, people who don't have a problem with drugs or alcohol don't worry about whether they have a problem with drugs and alcohol. They don't think about it at all! If you think about drugs and alcohol a lot and wonder if your life could be better without them, you're probably right.



02

## Have you ever tried to stop or cut back before, but you failed?

One of the hallmarks of substance use disorder is a history of failed attempts to cut back or quit. Very few people quit drugs or alcohol cold turkey once and stay that way forever. That's not because they're weak, however. Substance use disorder is a brain disease that compels you to keep drinking or using even when you don't want to. All the willpower in the world won't do any good when your brain is sick with addiction.

03



### **Have you called in sick because of drinking or using, or showed up to work hungover?**

Missing work because of drinking or using – or worse, getting reprimanded or fired over it – is one of the most obvious signs that your substance abuse is taking a toll on your life. If you see the negative impact of your behaviors, but you still can't stop, you may need professional help to heal.



04

### **Have people in your life approached you with concerns about your drinking or using?**

Are you sick of people commenting about your drinking or using? Do you feel like they're watching you closely every time you attend a dinner or a party, counting how many drinks you consume? If other people have expressed concern about your drinking or using, there is a reason for it. Again, that is not something that happens to people who have no issue with substances. If that care and concern makes you feel defensive, angry, or annoyed, it's likely your addiction at play.



05

## Do you ever feel nervous about running out of your drugs or alcohol?

Have you ever sat at a table with friends, scanning the restaurant for the waiter with your drink order instead of participating in the conversation? Do you keep an eye on the level of the wine bottle or the pile of drugs at social gatherings to make sure you get your fair share before it runs out? Do you buy more alcohol or drugs than you typically need "just in case"? That obsession is a classic sign of substance use disorder.

06

## Have you ever switched up your usual type of drink or drug in the hopes of controlling yourself better?

"No vodka for me. I'm only drinking beer tonight so I don't get so messy."

"No hard drugs for me. Pot is all-natural, so that's not as bad, right?"

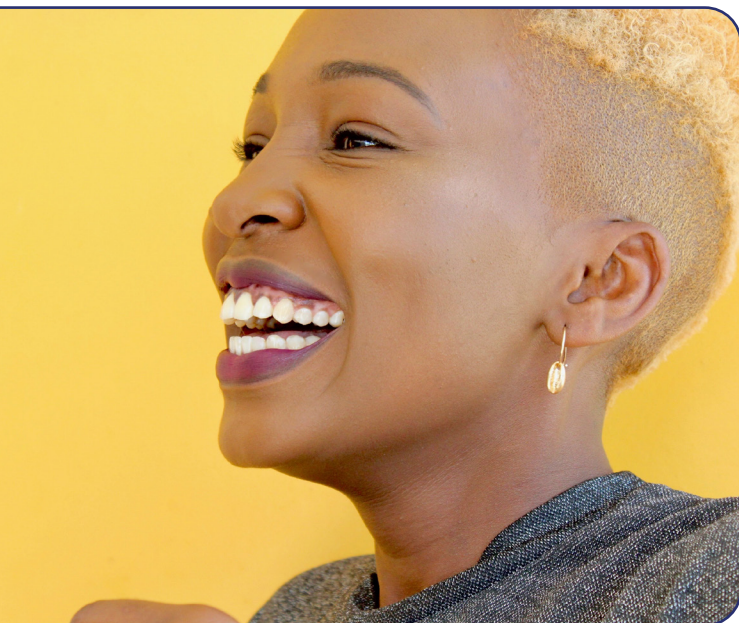
If you've changed up your drinking or using habits in the hopes of keeping things more "in control," it could be a sign of a problem. If all the tweaks in the world couldn't stop you from getting wasted, that's an even clearer sign that you can't manage your addiction on your own.



07

## Have you had legal issues because of your drinking or using?

Legal issues like a DUI or worse can often serve as a "rock bottom" moment. Assaults, vandalism, and other risky and illegal behavior that takes place when you're drinking can steal your life before you know it. Don't wait for a rock bottom moment that ruins it all before getting help.



08

## Has a doctor told you to quit?

Alcohol and drug abuse can cause serious issues in a variety of organs: from the heart, to the liver, pancreas, lungs, and more. If your drinking or using is so extensive that your doctor can see it in your body, it's time to stop before it's too late.

09

## Have you had any other problems connected to drinking or using in the past year?

The definition of substance abuse disorder is continuing to drink or use even when it causes negative effects in your life. If you've had any kind of problems in your life because of drinking or using, but you can't stop, you might need help.



**10**

## Did you answer “yes” to any of these questions?

If you answered “yes” to just one of these questions, it might be time to quit drugs and alcohol.



**Call our caring admissions team today to discuss your drinking or using and whether it's time to get help.**

## Get Help for Drug or Alcohol Abuse

If you're ready to try a new path, you don't have to do it alone. Substance use disorder is a complex, chronic, and life-threatening disease like cancer. Just like cancer, it deserves to be treated by a medical professional. In addiction treatment, you'll learn to identify and heal the underlying issues that caused you to drink or use in the first place. You'll learn tools for relapse prevention, managing stress, and coping with life substance-free. Best of all, you'll experience the peace, freedom, and happiness of the road to recovery.

-----

**316-260-1435 • HOLLANDPATHWAYS.COM**