

Alcohol Abuse and Alcoholism

admin · Friday, February 22nd, 2008

Many people don't realize that there is a difference between being an alcoholic and having an alcohol abuse problem.



Those who are what some call "functioning alcoholics" are actually people with alcohol abuse problems.

They clearly drink way too much on a regular basis and have some of the same symptoms of alcoholism such as health related issues.

Alcohol abusers usually have some semblance of normalcy, or control in their actions.

They set limits or only allow themselves to drink at specific times, but still consume way more than the average social drinker.

Alcoholics are unable to control their drinking at any point.

They are physically, emotionally, and mentally addicted to alcohol.

The consequences of alcoholism can be severe in regards to both mental and physical health,

and how they function in the everyday world.

Alcoholics, also known as those with

alcoholism or an alcohol addiction, are unable

to control their drinking at any time.

This distinction is very important in deciding the type of help one needs to become alcohol free.

Alcohol abusers will need more emotional and psychological assistance while an alcoholic will also need more of the physical help in overcoming the continual consumption of alcohol.

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