

Drinking and the Problems it Causes

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Not everyone experiences the same effects of alcohol and the same outcomes of alcoholism. However, the most common effects include changes in stability or emotional state, altered personality and behaviors.

These ranges in behaviors of an alcoholic can be from becoming angry and belligerent for some to quiet and withdrawn in others. Many also experience depression with feelings of sadness, confusion and even feeling tense and anxious.

Unfortunately, many alcoholics turn to increased drinking as a means of avoiding these feelings. This only makes the problem worse and they should instead seek treatments that are available.

Many people are unsure of what alcohol dependency entails and its symptoms are sometimes unclear since they do vary from person to person. Alcohol dependency can quickly develop into alcohol abuse and knowing when to intervene is important.

The following information is to serve as a guide to help you know when drinking has become a problem and treatment is necessary. Alcohol abuse, dependence and addiction are interchangeable terms for in individual who has a problem and need for alcohol.

It is characterized by several signs:

- * Cravings - Compulsion or strong need to drink
- * Loss of Control - Lack of ability to control amount of drinking at any point
- * Physical Dependence - When the body has a physical reaction to the absence of alcohol.
Withdrawal symptoms can include nausea, sweating, shakiness and anxiety or paranoia
occurring after a period of heavy drinking has stopped
- * Tolerance - The need for greater amounts of alcohol to achieve the

same effects

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