



## 12 Key Signs of Drug Addiction

It's common for addicts and their family members to wait for the "right" time to start treatment. Addicts seldom want to admit their problem, while family members may be in denial.

To help you determine if drug or alcohol dependency exists, review these 12 key signs:

- Using drugs or alcohol regularly
- Experiencing intense cravings when the substance isn't available
- Needing more and more of the drug to achieve the same effects (tolerance)
- Consuming more alcohol than intended
- Maintaining a certain amount of the substance at all times
- Spending money on alcohol or drugs, even when you can't afford it
- Failing at work/family responsibilities and obligations
- Continuing to use drugs and alcohol despite negative consequences
- Lying, stealing, or Doctor Shopping
- Risky behaviors, suicidal tendencies, violent outbursts
- Spending your free time thinking about, getting and using the substance
- Failing at stopping the drug use

Waiting for things to get worse is never beneficial. The sooner you can get yourself or a loved one care, the road to recovery begins. Not only will the dependency be easier to treat but associated legal and financial problems are less likely. In addition, the risk of sexual assault, domestic violence, driving under the influence, stealing and lying all increase the longer drug and alcohol abuse continue.

At Continuum Recovery Center, you can receive the help you need in a supportive environment. Clients receive residential-style substance abuse treatment by day, while retreating to our staffed home at night. To learn more about our Intensive Outpatient services, **call us today at 602.903.2999.**