

THE MYTH OF THE "FUNCTIONAL" ALCOHOLIC



Stage #1: Drinking to Get Drunk *Cheers!*

This stage begins with infrequent to somewhat frequent Binge Drinking. You're drinking to get drunk and don't even try to control it but are still managing to hold onto your job, your car & your relationships with friends and family.



Stage #2: Drinking as a Coping Mechanism *"I just really need a drink right now."*

You drink to unwind. You drink to deal with stress. You even drink when you have success. Drinking is how you cope and celebrate every event in your life. You still have your job, family and friends - but you're drunk and hungover a lot of the time now.



Stage #3: Isolation/ Legal Problems/ Depression *Do you have consequences yet?*

Stage 3 is when legal problems and the emotional struggle begins. This is also the DUI stage because you always think you're okay to drive. You try managing your drinking. This is when you, "only stick to beer." Or "only get drunk on the weekends." You begin to avoid your non-drinking friends and stick with those who "get it."



Stage #4: Change in Appearance, High Blood Pressure, Liver Issues *How does your body look and feel?*

You're not a "functioning alcoholic" because you're not performing well at work, you're not present for your family, your body is deteriorating, and it takes everything in you just to "function."

A "functioning alcoholic," is STILL AN ALCOHOLIC.



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