

6 Warning Signs You May Need Rehab for Alcohol Addiction

by Robert Alexander Center | Jul 26, 2023 | Blog



Are you worried that your drinking habits may be spiraling out of control? Do you worry that alcohol addiction may be sneaking up on you? If so, it's time to start paying attention. Recognizing the warning signs of excessive and recurring alcoholism can save your health – even save your life!

Drinking more alcohol than normal

We've all had those nights. The ones where we drink a little too much or take it a little too far. Maybe it's a celebration or maybe it's just a rough day. Whatever the reason, drinking more alcohol than normal or drinking in larger quantities can have some serious consequences.

From blacking out to putting yourself in dangerous situations, it's important to remember to always drink responsibly. However, if you do find yourself in a situation where you've consumed more than you intended, don't be too hard on yourself. Just remember to take the necessary steps to stay safe and avoid repeating those mistakes in the future.

Experiencing withdrawal symptoms when you stop drinking

Stopping alcohol consumption can lead to experiencing withdrawal symptoms, and it is not a pleasant experience. These symptoms can start anywhere from a few hours to a few days after the last drink, and they can range from mild to severe depending on the amount and frequency of alcohol consumption.

Some common symptoms include:

- anxiety
- sweating
- tremors
- headaches
- nausea

Severe cases of withdrawal can even lead to:

- hallucinations
- seizures
- delirium tremors

Seeking medical attention and support from friends and family can help individuals manage these symptoms and make the transition to sobriety easier.

Neglecting responsibilities or activities due to drinking

For some people, drinking can become a regular habit that starts to interfere with their responsibilities and daily activities. Maybe they miss work or skip out on plans with friends because they're hungover or too drunk to function.

Perhaps they neglect important tasks around the house or forget to pick up their kids from school because they're preoccupied with alcohol. Whatever the case may be, neglecting responsibilities or activities due to drinking can have serious consequences, from damaging relationships to jeopardizing one's career or even physical health.

Using alcohol to cope with stress, depression, or anxiety

Stress, depression, and anxiety can be overwhelming emotions that can make one feel hopeless and consumed by their own thoughts. It's not uncommon for people to turn to alcohol as a coping mechanism, temporarily numbing the pain and providing a sense of relief.

However, relying on alcohol as a solution to these issues can quickly turn into a dangerous habit. While it may provide a temporary escape, it only exacerbates the root of the problem. Rather than turning to alcohol, it's important to address the underlying causes of these negative emotions and [seek support](#).

Feeling the need to drink every day or multiple times a day

Have you ever felt the urge to reach for a drink every day or even multiple times a day? If so, you're not alone. This feeling can be a sign of alcohol dependency, which can have serious consequences for your health and well-being.

It's important to recognize the signs and seek help if you feel like you're drinking too much. This could mean talking to a healthcare professional, joining a support group, or seeking outpatient treatment.

Feeling guilty or ashamed about your drinking habits

Feelings of guilt or shame can arise, making it all the more challenging to make positive changes. It's important to remember that these emotions are completely normal and understandable.

Admitting that we may have a problem with alcohol takes a great deal of courage and self-awareness. Seeking support from friends, family, or [medical professionals](#) can be a crucial step in moving forward and overcoming these feelings.

Contact Robert Alexander Center Today

At [Robert Alexander Center for Recovery](#), we offer comprehensive programs that have helped many people find their paths to recovery from alcohol addiction. Our team of experienced professionals are dedicated to providing quality services and support with care and integrity.

[Contact our center today](#) for more information on resources and treatment options available for overcoming addiction – you deserve a better quality of life and we want to help you obtain it!



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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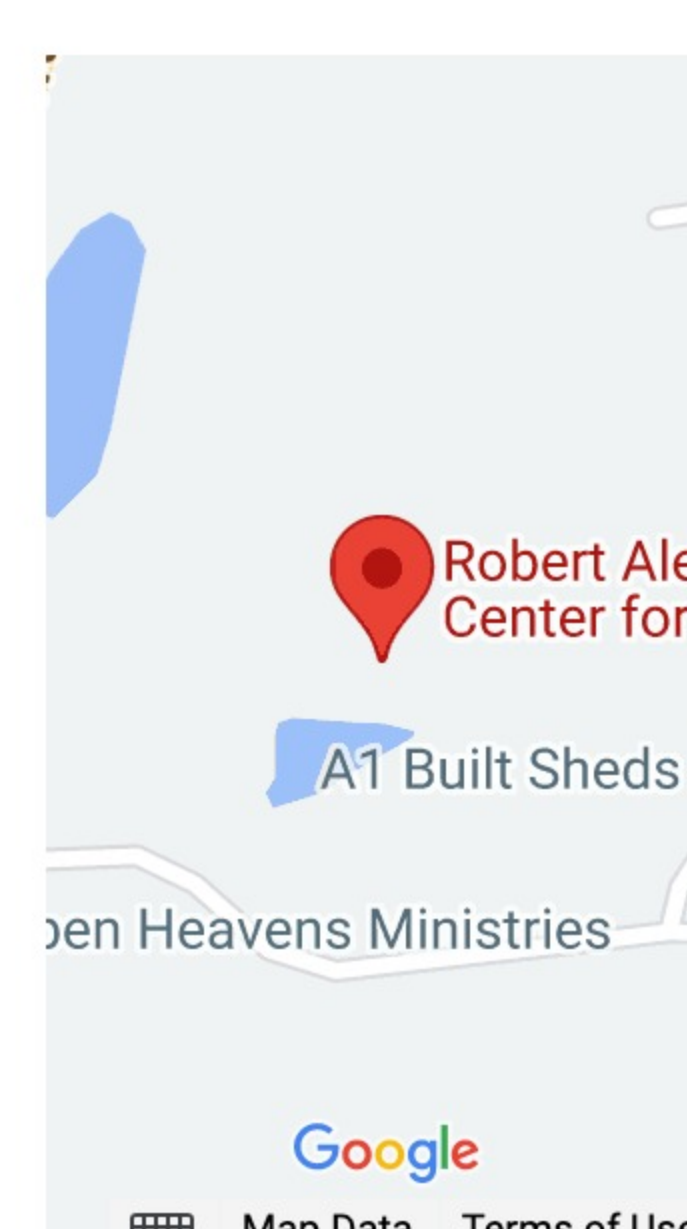
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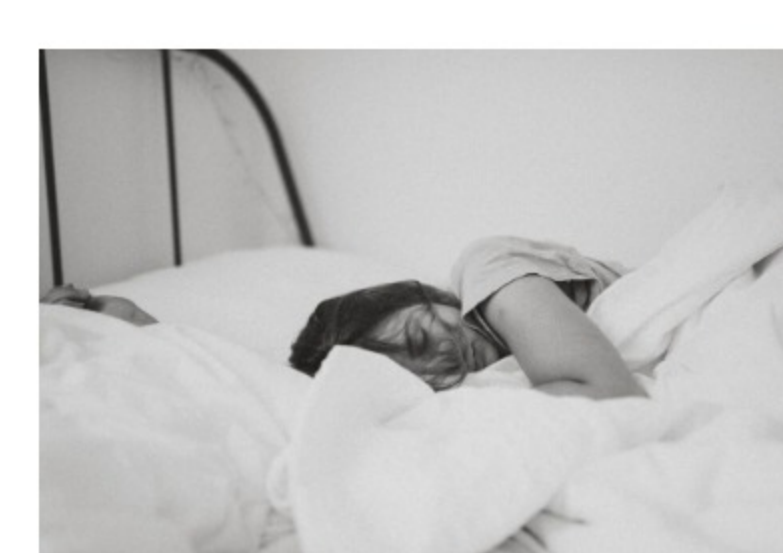
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