

Identifying Varied Profiles of Alcoholism and When to Seek Addiction Treatment

by Robert Alexander Center | Oct 13, 2023 | Blog



Alcoholism is a major issue in the United States and, unfortunately, it has far-reaching impacts that can destroy families and lives. Because of this, it's important to be able to recognize when someone may have an alcohol problem before they suffer too much harm. Furthermore, people need access to resources that can help them treat their alcohol addiction disorder if needed.

We will discuss alcoholism from all angles to paint a better picture of what this dangerous health condition looks like for those who struggle with substance abuse; as well as talk about ways you or someone you know could benefit from seeking treatment options quickly.

Overview of Alcoholism and its Varied Profiles

Defined as a persistent use of alcohol despite negative consequences, it comes in various profiles and can impact anyone regardless of age, gender, or background. Some individuals may struggle with binge drinking, while others may develop physical alcohol dependence. Many factors contribute to the development of alcoholism, including:

- genetic predisposition
- environmental influences
- mental health disorders

The effects of alcoholism can be far-reaching, causing severe health problems, relationship issues, and financial distress. However, treatment is available, and recovery is possible.

Physical and Psychological Symptoms of Alcoholism

Alcoholism can have serious impacts on both a person's physical and psychological health. The physical symptoms can include:

- liver damage
- heart disease
- neurological problems
- weakened immune system

Additionally, the psychological symptoms can include:

- depression
- anxiety
- irritability
- mood swings

The shame and guilt associated with addiction can also cause strained relationships and a sense of isolation. Recognizing and [seeking help](#) for both the physical and psychological symptoms of alcoholism is crucial for those on the road to recovery.

Different Types of Alcoholics

Each type of alcoholic requires its unique approach to treatment and recovery. Understanding the different types of alcoholics can help individuals struggling with addiction seek out the appropriate resources and support they need to overcome this disease.

Young Adult Drinkers

Young adult drinking is a subject that has been debated for decades. With the rise of social media, it's easier than ever to find pictures and videos of young people partying with alcohol. While many people argue that young adults should be allowed to make their own choices, there are also concerns about the dangers of drinking too much too soon.

Stress and Anxiety Drinkers

Many people turn to alcohol as a way to cope with stress and anxiety, but unfortunately, it often ends up making things worse. Despite temporarily numbing the feelings of fear and worry, alcohol can intensify them in the long run.

Research has shown that those who consistently drink to ease their stress and anxiety are more likely to experience alcohol dependence and addiction. Additionally, alcohol can wreak havoc on physical health, which can further exacerbate feelings of stress and anxiety.

Social Drinkers

Social drinkers are those individuals who enjoy consuming alcohol in social situations with friends or colleagues. Drinking is a way to relax and have fun, but social drinkers do not let it consume their lives. They can enjoy a drink or two without getting drunk or risking their health.

Dependent Drinkers

Dependent drinkers, also known as alcoholics, suffer from a chronic disease that can negatively impact multiple areas of their lives. They may experience difficulty maintaining stable relationships or meeting professional responsibilities due to their alcohol dependence.

Additionally, their physical health may suffer as a result of prolonged excessive drinking. Those struggling with alcoholism must [seek professional help](#) to begin the journey towards recovery.

Binge Drinkers

Binge drinking is a common practice among young adults and college students. It involves consuming excessive amounts of alcohol in a short period, leading to a range of negative consequences. Binge drinkers are at a higher risk for alcohol poisoning, blackouts, and accidents.

Moreover, this kind of behavior can lead to long-term health issues such as liver disease, high blood pressure, and heart disease.

High-functioning Alcoholics

Many people have a preconceived notion of what an alcoholic looks like, but high-functioning alcoholics have mastered the art of hiding their addiction. They may hold down successful careers, maintain relationships, and even excel in various areas of their life, but behind closed doors, they struggle with alcoholism.

The danger of high-functioning alcoholics is that their ability to "keep it together" may delay their path to recovery, and the consequences of their addiction may go unnoticed until it's too late.

Seeking Professional Help for Addiction Treatment

Addiction is a complex and challenging disease, and it takes more than just willpower to overcome it. Seeking professional help provides individuals with the necessary support and tools to manage their addiction and make positive changes in their lives.

[Addiction treatment](#) typically involves a combination of therapy, medication, and support groups. The goal is to help individuals achieve and maintain sobriety, improve their physical and mental health, and rebuild their relationships with loved ones.

Contact Robert Alexander Center for Recovery Today

At [Robert Alexander Center for Recovery](#), we understand the unique challenges faced in overcoming an alcohol use disorder and we provide specialized care with personalized treatment plans to meet the individual needs of each patient served.

Here you will find the support and resources needed to reduce cravings, prevent relapse and develop better coping mechanisms with our evidence-based therapies along with other comprehensive support services tailored to fit your lifestyle. Take the first step towards regaining control over your life today- [contact Robert Alexander Center for Recovery](#) now to begin your journey towards a healthier alcohol-free life!



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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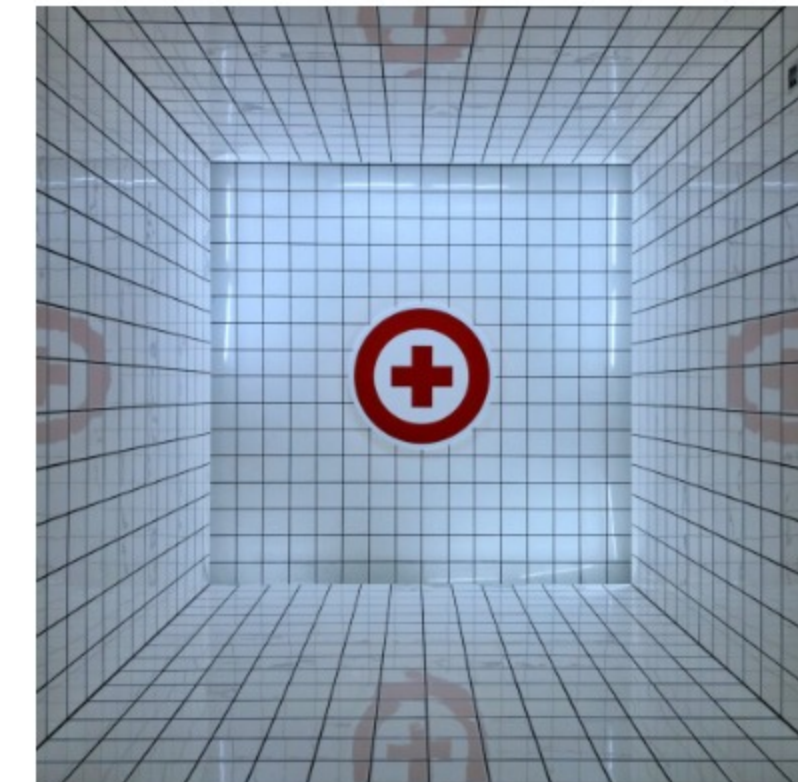
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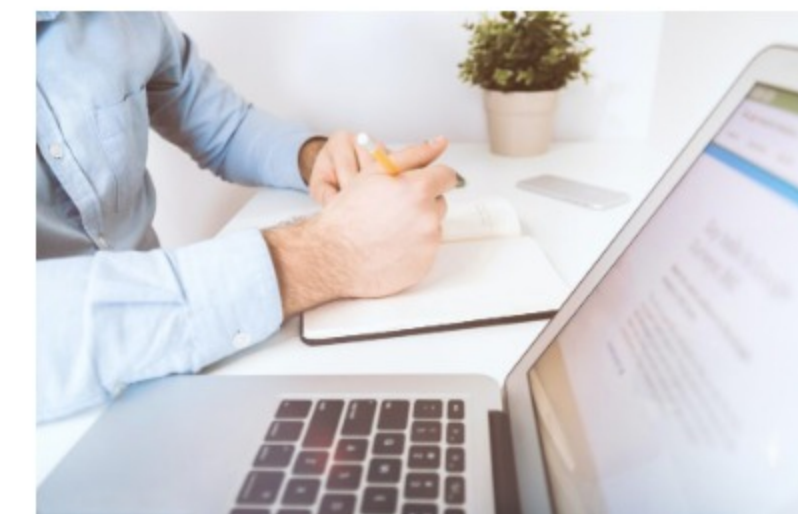
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