HOW MUCH IS TOO MUCH?

Addiction starts small and escalates gradually. At first, the abuser says it’s “not too bad.” Soon, it is. But the abuser still denies it.

The Signs

Abusers use drugs (including alcohol) to deal with stress or to avoid problems. It doesn’t work. They neglect jobs, disrupt family life and encounter legal and financial crises.

Do You Have A Problem?

Ask yourself these questions. Answer yes or no.

_____ Do you use alcohol or drugs to cope with stress or to forget your troubles?
_____ Do you think social gatherings are dull without alcohol or other drugs?
_____ Do you avoid people or places that do not support your alcohol or drug usage?
_____ Do you miss work or neglect responsibilities because of your drug usage?
_____ Do you do things under the influence of drugs that you normally would not do?
_____ Have family, friends or co-workers expressed concern about your drug usage?
_____ Have you unsuccessfully tried to cut down or quit using your drug?
_____ Do you think you have a chemical dependency problem?

The more yes answers you check, the more likely you have an addiction to drugs including alcohol, tranquilizers and cocaine.

If you’ve checked more than one statement above, it may be time to seek professional advice. Call your Employee Assistance Program at 683-5658. It’s a good place to start.