

4. Harmfully Involved

Alcohol use “Becomes Life” - Compulsive use

- The person *uses the alcohol regularly and frequently, uses more of the alcohol* over a longer period of time, makes *attempts to control use* of the alcohol but has difficulty doing so,
- *some Major Life Areas are affected*, alcohol use continues despite the appearance of negative alcohol use patterns & consequences
- use of the alcohol causes emotional pain, experiences withdrawal symptoms, tolerance begins to increase,
- The person rationalizes alcohol use
- Person denies the fact that alcohol is causing problems, begins to make promises to self and others about quitting or cutting down.
- The person begins to *feel that they have less control* over their alcohol use..

Harmfully Involved

Rachel Sandford



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