

## Alcohol Abuse and Drug Abuse

Alcohol abuse and drug abuse are two conditions that are both very serious. However, it seems that alcoholism often gets more attention than drug abuse, when drug abuse should often be looked at more closely. The DSM manual suggests that there are actually differences in the definition of both conditions. To confuse matters even more, the judicial system seems to have its own version of what these conditions are as well.

Some of the most common symptoms of alcoholism and drug abuse include:

- Excessive drinking/drugging
- Problems with the law
- Withdrawal symptoms
- Shaking of hands

If a person drinks daily and relies on alcohol, then you are most likely dealing with an alcoholic. Although, everyone seems to have their own definition of what an alcoholic is, but the bottom line is that withdrawal symptoms manifest themselves and the person needs alcohol to relieve them then they are an alcoholic, no matter what time of the day they have their first drink.

Each person is different physically in how they deal with alcohol as well. If you are started drinking when you were young and you have been able to drink without alcohol causing you any issues, then you are probably not an alcoholic. The fact is that alcoholism and drug addiction are very complex conditions. Alcohol and drugs become a problem when the person is unable to control their use and increases their intake and then combines the two. If someone will steal or lie to obtain alcohol then they are likely addicted. Many people with other mental illnesses will also resort to alcohol and drugs to find relief from their symptoms.

Alcoholism and drug addiction are conditions that can be treated and overcome but it does require a lot of motivation to quit on the person's behalf. Many people must first hit rock bottom before they are willing to admit that they have a problem and many people are never able to admit they have a problem and there is little hope for these individuals. You can't make a person quit drinking or doing drugs, but you can support them once they have taken it upon themselves to quit.

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