



## BEHAVIOR DESCRIPTIONS

The following description represents various behaviors of an alcoholic or other drug addict and the codependent's subsequent reactions to cope with the problem of alcoholism and other drug addiction.

### ALCOHOLIC/ADDICT

Increased tolerance to alcohol or other drugs

Black out – doesn't remember

Euphoric recall

Sneaks drinks or drugs

Preoccupied with alcohol/drugs

Gulps drinks or uses with immediacy

Avoids references to alcohol/drug

Alibi system

Aggression and remorse

Goes on the "wagon" or else

Loss of friends

Physical and medical problems

Death, insanity or treatment

### CODEPENDENT

Increased tolerance to alcoholic or addict behaviors

Repression and blocking

Minimizing

Sneaky behavior: marks bottles, dilutes bottles, sneaks to see where alcoholic or addict has gone, hides bottles or stash; checks up on alcoholic/addict constantly

Preoccupied with not drinking or using; tries to go where no alcohol is used or drugs are not available; **always** thinks about if he/she will be drunk or high and out of control

Exact promises not to drink or use

Confronts/talks to alcoholic or addict but hides it by covering-up; finds excuses, denies problems exist (elephant in the room); family rule not to refer to drink/alcohol or other drug use

Buy into alibis, stories and lies; makes excuses for behavior

Lashes out while alcoholic is drunk or addict is high then feels bad next day; especially feels bad about "death wish"

Threats of separation and/or divorce

Gives up friends because doesn't want anyone to find out; kids often side with alcoholic or addict, or use one parent against the other.

Ulcers, colitis, headaches, cancer, heart disease, mental health issues

Attempts suicide; turns to alcohol or drugs themselves; jeopardizes sanity; gets help