

Common Personality Traits of Alcoholics

To gain insight, consider carefully this commonly accepted list of personality traits found in the addicted person. These are characteristics that occur in normal people, but in the addict are exaggerated and uncontrolled. These things render addicts incapable of being at peace.

Low Frustration and Tolerance seems to be the most consistent trait. This is the inability to endure, for any length of time, any uncomfortable circumstances or feeling. The addict is impatient.

Anxiety that state which seems to exist in all people, exists in an exaggerated way in addicted persons. They are subject to nameless dreads and fears. This anxiety drives alcoholics and addicts to "fight or flight". Sometimes this is called free-floating anxiety.

Grandiosity is worn as a protective armour to hide feelings of low self-esteem. In reality, although addicts nourish an inflated image of themselves, their deep conviction is one of self-worthlessness.

Perfectionism sets impossible goals with inevitable failures and resultant guilt. The alcoholic/addict is an idealist. This idealism may be one of the reasons for success after recovery. They can be exceptionally fine workers once the illness has been arrested and after the perfectionism has been reduced to reasonable proportions.

Justification Addicts are masters at this. Justification is the science of arranging to do what we want to do, then making it appear reasonable.

Isolation and deep insecurity deprive the addict of the real generosity needed to make close and enduring friendships. They become loners.

Sensitivity exaggerates all the unpleasant interpersonal relationships experienced by the addicted person. This inevitably produces extreme resentment.

Impulsiveness "I want what I want when I want it." This is probably related to a low frustration tolerance. In some ways the addict takes pride in this impulsiveness, as though it were a valuable asset. The alcoholic/addict can't seem to enjoy a job or task and long before completion is already moving on to something else.

Defiance is a common response to society as a whole, whether the addict is under the influence or not. This is associated with a feeling that one does not fit, exactly, into society.

Dependence on other persons exists in an exaggerated form in most alcoholics/addicts.

1 Cor 6:12 NIV Everything is permissible for me - but not everything is beneficial.

Everything is permissible for me - but I will not be mastered by anything.

** In medicine, alcoholism is defined as a primary, chronic disease characterized by impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking. Outside the medical field, alcoholism can also refer to the continued excessive or compulsive consumption of alcoholic beverages.*

Beliefs that Alcoholics Commonly Hold

I can't be an alcoholic because:

- I have a job.
- I'm not on skid row.
- I just use alcohol on weekends.
- I only drink beer.
- I only drink wine.
- I can quit any time.
- I only get really wasted on weekends.
- I can quit any time.
- I don't look like an alcoholic.
- I make it to work everyday.

Signs That a Loved One May be an Alcoholic

- Denying - there is a problem
- Lying - about the amount consumed
- Addiction in the family
- Drinking or using alone
- Blackouts - temporary loss of memory while still functioning
- Sleep pattern changes
- Feelings of fear, guilt, remorse
- Using household money for alcohol.
- Financial troubles due to alcohol abuse.

Prov 20:1 NIV Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

Gal 5:19-21 NIV 19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.