

4 Stages of Alcoholism

1st Stage Adaptive Stage

This is the stage where tolerance is developed. Increased tolerance is the body's physical adaptation to alcohol which enables the alcoholic to drink large quantities of alcohol without seeming to have any negative effects. It doesn't necessarily develop from drinking huge quantities of alcohol, but rather because of chemical changes occurring in the persons' body

2nd Stage Middle Stage

The Middle stage is characterized by the beginning of cravings for alcohol. The alcoholic will develop a powerful urge to drink and may begin to experience black outs and start to have difficulty limiting the number of drinks. The physical dependency starts in this stage. The alcoholic may not be showing any outward signs at work or with relationships yet.

3rd Stage Late Stage

This stage is the beginning of addiction. At this stage the alcoholic can no longer control their drinking. Usually at this point the alcoholic begins losing interest in work and family relationships are affected. It no longer seems possible to just quit drinking. Drinking is not a social activity anymore.

4th Stage Final Stage

At this point the alcoholic must drink in order to survive. Hangovers are frequent and constant. The alcoholic will usually have to drink in the morning, may even need to drink in the middle of the night to go back to sleep. The person may no longer be able to work and will usually develop serious medical issues. Attempts to stop may result in severe withdrawal symptoms which can discourage the alcoholic from quitting.

**Alcoholic Helpline
866 883 6259**