

# WARNING SIGNS OF SUBSTANCE ABUSE

1 Thessalonians 5:7

## A. WHAT ARE THE WARNING SIGNS OF SUBSTANCE ABUSE?

### EMOTIONAL

- Unpredictable \_\_\_\_\_ swings
- Guilt
- Depression
- Shame
- Fear of \_\_\_\_\_
- Anger
- Frustration over little things
- \_\_\_\_\_

Jesus gives us this warning as we face difficult trials in our lives . . .

Luke 21:34

### PHYSICAL

- Poor general health
- Loss of \_\_\_\_\_ desire
- Shaky hands
- Tendency to look \_\_\_\_\_
- Night sweats
- \_\_\_\_\_ gain or puffiness
- Bloodshot eyes
- Unhealthy looking complexion

Proverbs 23:29-30**BEHAVIORAL**

- \_\_\_\_\_ — attempting to hide behavior
- Exclusiveness — associating only with other users
- Compulsiveness — responding as though the drug is absolutely necessary
- Defensiveness — shifting blame to others
- \_\_\_\_\_ — refusing to admit there is a problem
- Dishonesty — deceiving others about frequency of use and expenditure of money
- Weak/strong will — being too weak to stop/too stubborn to get help
- \_\_\_\_\_ — refusing to act responsibly

The Bible describes a self-indulgent alcoholic as having the following characteristics:

Deuteronomy 21:20**SPIRITUAL**

- Feeling estranged from God
- Diminished \_\_\_\_\_ life
- Withdrawal from church life
- Aversion to Scripture
- \_\_\_\_\_ by the Holy Spirit
- Lack of joy
- Fear of being disciplined by God
- Hardened \_\_\_\_\_

The Lord describes those who choose to turn away from Him and instead choose “new wine.”

Hosea 7:14

## B. CHECKLIST FOR DISCOVERING A CHEMICAL DEPENDENCY

Had Mickey Mantle—or his family and friends—examined his drinking pattern in light of the following checklist, his addiction to alcohol would have been clearly seen and recognized years before it came to light.

- C** Do I ever attempt to \_\_\_\_\_ my habit from others? \_\_\_\_\_
- H** Do I ever think about getting \_\_\_\_\_ for my habit? \_\_\_\_\_
- E** Do I ever have problems at my place of **employment** because of my habit? \_\_\_\_\_
- M** Do I ever experience a loss of \_\_\_\_\_ related to my habit? \_\_\_\_\_
- I** Do I ever become severely **intoxicated**? \_\_\_\_\_
- C** Do I ever feel unfairly **criticized** because of my habit? \_\_\_\_\_
- A** Do I ever feel my habit is **abnormal**? \_\_\_\_\_
- L** Do I ever \_\_\_\_\_ friendships or **have** relationships as a result of my habit? \_\_\_\_\_
- L** Do I ever \_\_\_\_\_ my intake but return to my previous level of consumption? \_\_\_\_\_
- Y** Do I ever neglect my **young** ones or other loved ones because of my habit? \_\_\_\_\_
- D** Do I become **defensive** or argumentative about my use? \_\_\_\_\_
- E** Do I fail to get in touch with my \_\_\_\_\_ because of my use? \_\_\_\_\_
- P** Is my \_\_\_\_\_ health affected by my use? \_\_\_\_\_
- E** Do I enjoy only functions where alcohol or other drugs are available? \_\_\_\_\_
- N** Is my \_\_\_\_\_ for the substance affecting my finances? \_\_\_\_\_
- D** Do I \_\_\_\_\_ that I experience any consequences from my habit? \_\_\_\_\_
- E** Do I **evade** difficult situations by indulging in my habit? \_\_\_\_\_
- N** Is my \_\_\_\_\_ to feed my habit affecting my relationships? \_\_\_\_\_
- T** Is my **tolerance** level for the substance getting higher? \_\_\_\_\_

**If you answered yes to five or more of the above questions, you may have a serious dependency.**

If Mickey had acknowledged his alcoholism and received treatment early in his career, his title of hero to thousands of youngsters and champion of baseball would not have been marred by subsequent years of drinking.

Isaiah 5:22

**NEXT WEEK: What clues come from chemically dependent kids?**