

## How To Treat Alcoholism

by Evolve Indy | Sep 21, 2021 | Alcohol Treatment, Drug Treatment | 0 comments



It's hard to believe that there was a time when society viewed alcoholism and addiction as nothing more than a moral failing, but it is true. Researchers now know that addiction and alcoholism are complex chronic diseases that have little to do with morality. Instead, alcoholism often occurs in a perfect storm of biological, social, and psychological factors. Researchers may never tell us precisely what determines who will drink alcohol and who will not. However, they have learned enough about the contributing factors to learn more about how to treat alcoholism. At [Evolve Indy](#), we know how to treat alcoholism. We know how to help you build a firm foundation that will enable you to create a sober life.



### What Is Alcoholism?

Most people think of Alcoholics Anonymous (AA) when they hear the word alcoholic, and that's likely because AA has existed for nearly a century. However, if you search the AA literature for a definition of alcoholism, you won't find one. Instead, you'll find references to a physical compulsion and a mental obsession. Next, search for alcoholism on the Internet, and you'll find the new terminology.

Instead of alcoholism, the medical community uses the term Alcohol Use Disorder (AUD). Whether you want to call it alcoholism or AUD is a personal choice. At its core, alcoholism is about using alcohol regardless of any negative consequences. You may not drink every day, and you may even have short bouts without any drinking. However, if alcohol is your go-to when you need to cope with life's stressors, you may have a problem with alcohol. Still, the bigger question is how to treat alcoholism.

### What Are the Main Signs of Alcoholism?

The most significant sign of alcoholism is alcohol being the focus of your life and most, if not all, of your decisions. Another red flag is panic at the thought of giving up alcohol because you're convinced you wouldn't be able to live without it. Mostly, you'll want to take a look at your drinking and how it's affecting your life overall. Start by asking yourself a few questions, including:

- Are you continuing to drink even though it is causing problems with your family or friends?
- Are you finding that you have to drink more and more to achieve the desired effect?
- Do you find that you are experiencing trouble sleeping, restlessness, or other physical symptoms when you don't drink?
- Is your drinking preventing you from fulfilling your responsibilities at home or affecting your job?
- Have you tried to stop drinking or cut down on your drinking unsuccessfully?
- Have you taken unhealthy risks related to driving, sex, or other activities while drinking?



The truth is that you are the only one who knows the truth about how much you are drinking and how it is affecting you. And the most essential part of treatment is the first step which is admitting that you have a problem. Start by admitting it to yourself and then ask for help.

### How To Treat Alcoholism

We know how to treat alcoholism at [Evolve Indy](#). We know the challenges of breaking up with your longtime friend alcohol. We understand your social drinking may change and become a bigger problem than you realize. However, our most essential compassionate, and professional staff can help you find your way out. We care about your success, and we understand how to help you find long-term sobriety. Our programs range from residential to outpatient and incorporate a multi-faceted therapeutic and holistic approach. We will partner with you to create an individualized treatment plan that blends traditional and holistic therapies to best support you and your recovery. [Contact us](#) today to see how we can best help you and your loved one in the journey to sobriety.

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