The Functioning Alcoholic & Clean Recovery Centers

September 11, 2023

SARASOTA, FL - September 11, 2023 -
Sarasota, FL ? The latest blog post from Clean Recovery Centers discusses what a high-functioning alcoholic is and the signs to look for in loved ones. With locations along the Suncoast, Clean Recovery Centers has made it their mission to provide resources within the communities to educate on topics surrounding substance use, addiction, and mental health.

?People hiding an AUD often go to great lengths to conceal their drinking while managing the side effects of alcohol use disorder in silence. For them, abstaining from alcohol during work hours often means pushing through intense hangovers, cravings, and withdrawal symptoms that can only be soothed by heavy or binge drinking at the end of their workday.

"Practicing good hygiene, showing up on time for commitments, and carrying out professional duties are all activities that become more challenging as AUD progresses. However, many high-functioning people with AUD are fully committed to secrecy for fear of being embarrassed or losing the things that matter most to them, such as their job or family,? the article reads.

Those living with high-functioning alcohol use disorder can have a variety of careers. Some common ones include lawyers, doctors, scientists, and even homemakers. There is no one career that is associated with

high-functioning alcoholism, and no career is exempt from experiencing it.

There are five signs of high-functioning alcohol use disorder. They include heavy or binge drinking during non-work hours, hiding their drinking habits (drinking in secret or lying about how many drinks they?ve had), avoiding social situations where alcohol isn?t present, experiencing irritability or withdrawal symptoms when unable to drink for a day or two, and reacting with anger or defensiveness when asked about their drinking habits. When it comes to addressing loved ones with these signs, the article had this to say:

?Talking to a loved one about their AUD, especially if they work to hide it, isn?t as simple as it sounds. In many cases, the person will react with anger and denial. The natural urge to want to help a loved one who is managing alcohol use disorder can backfire and either harm your relationship or spark a volatile reaction.

"For this reason, it?s helpful to seek advice before approaching someone about their alcohol use," the article states. "You might consult with a therapist, reach out to someone at your local Al-Anon, or talk to an alcohol treatment specialist for advice before having that conversation. Your loved one is fortunate to have someone who cares enough to approach them about their alcohol use. However, they may not see it that way at the time. Understanding what to expect and how to best approach them can improve the experience for both of you.?

Clean Recovery Centers has been providing quality addiction and mental health treatment to hundreds in the Gulf Coast area. Their goal is to help their clients get clean, live clean, and stay clean. The team at Clean is able to diagnose a mental health condition at any stage of treatment, and change the course of the program to address it. Each of their facilities has a certified, rapid-resolution therapist onsite. This type of therapy addresses past trauma that may be the reason addiction began. With housing options at each facility, their clients always have a safe space to stay and focus on their recovery.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.
###
For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL 34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental

health conditions are common for those with substance use disorder. In this phase, called action,

Website: https://www.cleanrecoverycenters.com/locations/sarasota/

Email: info@cleanrecoverycenters.com

Phone: (727) 766-0503

