Local Rehab Discusses Dangers of Closet Alcoholism

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BRADENTON, FL - January 04, 2024 -
Bradenton, FL ? Clean Recovery Centers releases blogs regularly, with their latest installment explaining what a closet alcoholic is and what it entails. With locations throughout the Gulf Coast, they are helping their clients to get clean, live clean, and stay clean.

?There are both similarities and differences between closet alcoholics and high-functioning alcoholics. Both will try to sneak alcohol and will have difficulties controlling how much they drink at a time. High-functioning alcoholics are typically more open about being able to drink. For example, they may go out after work with some coworkers and have a few drinks. However, they may go home and have more without their coworkers knowing. Their spouse or family may see them binge drinking or drinking every day, but the high-functioning alcoholic already has the excuse of maintaining their job and home life. They do not see their drinking as a problem because they are still contributing and providing.

The closet alcoholic is much more secretive than the high-functioning. They don?t want anyone to know about how much they drink or when. This makes them much more antisocial and withdrawn. While the closet alcoholic may still maintain a job and home life, they may show more signs of loneliness as the weight of drinking in secret wears them down,? the article states.

Closet alcoholics can be difficult to notice, as their drinking is kept secret from everyone around them. Some signs someone may be a closet alcoholic include isolating themselves from family and friends, avoiding social situations, difficulty remembering certain events or situations, increased depression and anxiety, and sneaking away during events such as a birthday party. Seeing these signs may not always indicate drinking, and could point to another concern such as a mental health condition. Noticing these signs means it is time to talk to the person about what is going on.

Living with a closet alcoholic can be difficult and confusing. They may be more guarded and always be on the defense. This happens because they may feel guilty after drinking, but they cannot communicate these feelings without giving away their whole secret life. Eventually, signs may be seen in their health that alcohol is taking a toll, such as poor appetite, nausea, and headaches. They may also go through alcohol withdrawal when they can?t get to a drink, causing irritability, sweating, and shakiness.

?Before addressing your loved one, make sure you are taken care of first. Prioritize your needs to ensure you are mentally and emotionally ready to have a conversation with your loved one. Be prepared as they may try to blame shift or downplay the situation. Listen to what your loved one is saying and remain calm but firm as you express your concerns,? the article continues.

Having proof the person is drinking can be a way to start the conversation. Family members are encouraged to check different containers throughout the house, such as water or soda bottles or unmarked bottles in cabinets or closets. They may contain alcohol even if it doesn?t look like it. When bringing up the conversation, do not use negative or combative speech. This can make the person shut down and not want to accept they may need help. Having this conversation is the first indication that they have lost control, and they may already be panicking at that.

Clean Recovery Centers has helped hundreds begin their journey to a successful recovery. Their three-phase approach to treatment addresses the physical, mental, social, and spiritual aspects of addiction. Each of their facilities has a certified rapid-resolution therapist onsite to help their clients address and heal past traumas that may have led to their addiction.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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