

TYPES OF DRINKERS



What is a Social Drinker?

- Does not respond to alcohol in an extreme way.
- Is fully capable of coping with life's stresses and has positive ways to handle life's ups and downs.
- Rarely drinks to the point of *intoxication* or develops problems.



What is a Problem Drinker?

- Responds to alcohol in a certain way, i.e. experiencing intense relief from pain, anxiety, depression, etc. Lack of coping strategies.
- Has certain personality characteristics such as difficulty in dealing with and overcoming frustration, depression, anxiety, etc.
- Because of 1 and 2 they become more likely to develop problems, i.e. DUI's, mood swings, trouble at home, job or community.

What is an Alcoholic?

A person who:

- Has lost control over his/her intake of alcohol in terms of amount and frequency.
- Suffers functional, physical, psychological, spiritual, social, domestic, economic damage and continues to drink regardless.
- Uses alcohol as a kind of universal therapy to keep his/her life from disintegrating.