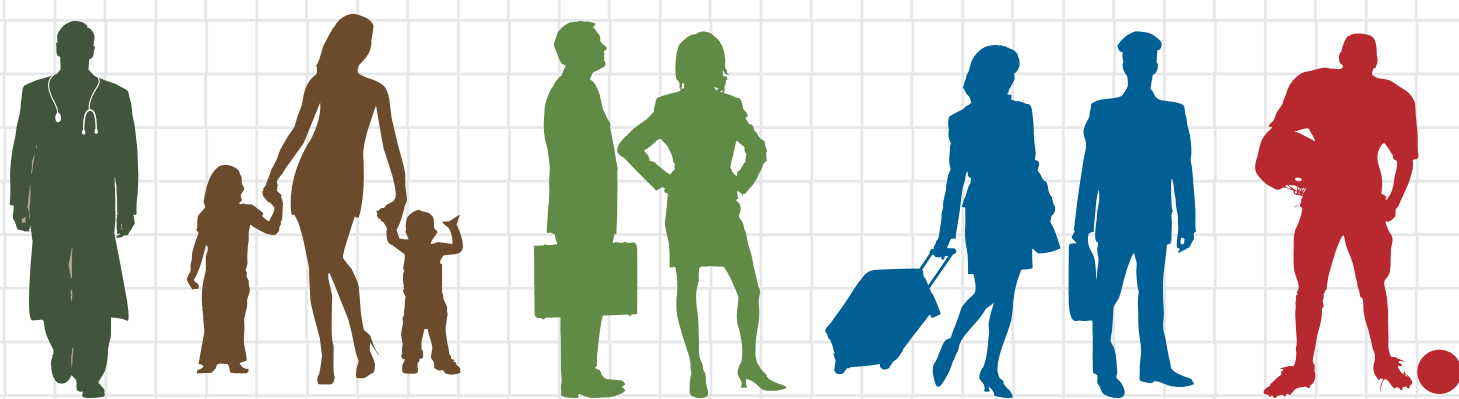
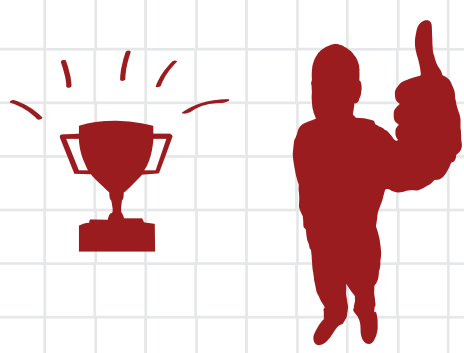


The World of a High-functioning Addict

The high functioning addict maybe a doctor, CEO, pilot or professional homemaker – an achiever who is driven by a need to excel, who works long hours balancing multiple responsibilities and faces pressure in the home or workplace on a daily basis.

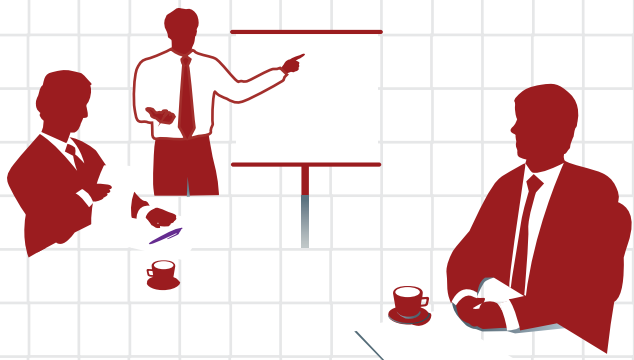


Typical indicators



Considers their substance abuse a reward

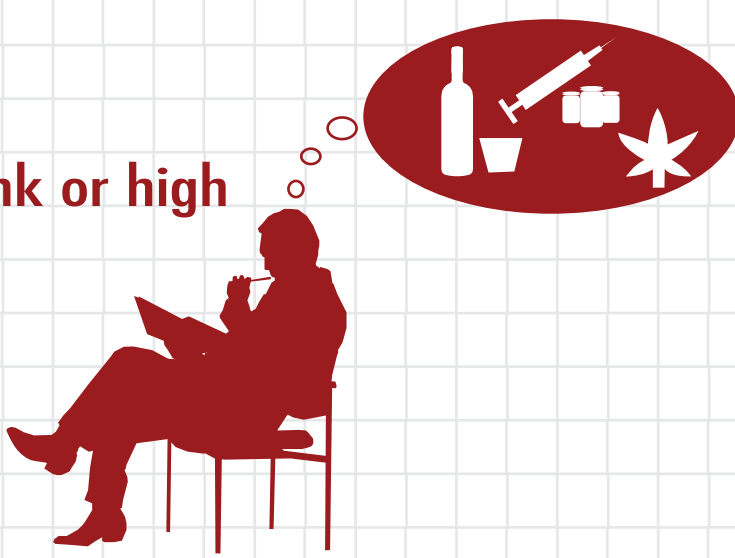
after a day of high-level negotiations or parent-teacher conferences. It can be a bottle of wine after the kids have gone to sleep or a couple of pain killers after the day's final conference call.



Uses substances as a coping tool

to get through the day, such as the use of a stimulant to enhance focus before working on a demanding and time consuming project.

Obsessing about their next drink or high



Hides or sneaks alcohol or drugs

maybe before or after an event, or indulges alone

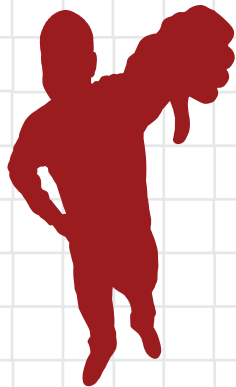
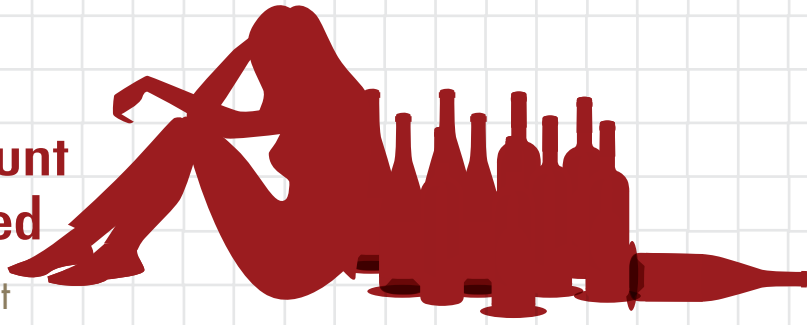
Leads a compartmentalised life



Begins to hang out with other heavy users but keeps up appearance of professional and family man/woman

Inability to control the amount of alcohol or drugs consumed

Getting drunk to the point of black out



Denies the consequences of their substance abuse

Failing to meet a project deadline or missing a meeting with their child's teacher or totaling their car are not seen as a result of their continued substance abuse, but as simply being "tired" or having a "lot on their plate"

HFA

The World of a High-functioning Addict

