

# 9 SIGNS YOUR PARTNER MAY BE ADDICTED



**TODD CREAGER**

## **9 Signs Your Partner May Be Addicted to Drugs and/or Alcohol**

*Addiction is a progressive disease that can get worse and worse as time goes on.*

Issues such as financial strain, legal problems, lying, Infidelity, social withdrawal, communication issues, episodes of aggression or violence, unpredictable mood swings, and an inability to consistently fulfill household and occupational obligations can cause difficulties at home and with loved ones.

Battling addiction may cause your partner or spouse act like someone you don't know anymore... They may act irresponsibly, lose their job, stay out late, get into trouble with law enforcement (e.g., driving under the influence), and become master of manipulation.

They may go as far as to try to shift the blame onto you, causing you overwhelming feelings of both guilt and shame.

Please know that having a partner who is addicted does not mean that you are tied to a sinking ship, and you do not have to wait for your partner to hit rock bottom to seek help for yourself.

It is important for you to stop enabling them and allowing them to continue along the path they are on. It is easy to offer excuses and deny that the problem exists, but this merely serves to feed into and validate your partner or spouse's addiction.

Ultimately you need to take a stand and refuse to allow these self-destructive behaviors.

If you suspect that your spouse or partner may be addicted to drugs and/or alcohol, you first want to look at these 9 common emotional and behavioral symptoms of drug or alcohol abuse.

### **1. Their hygiene has changed:**

When a spouse or partner is in the throes of addiction, they may start to ignore some essential self-care habits, including hygiene.

If you notice less self-care (such as showering or not doing laundry), this can be a red flag.

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When you wonder why do addicts hurt the ones they love, understand that their lack of self-care proves they're incapable of loving even themselves.

### **2. They start acting secretly, suspiciously:**

Addicted spouses and/or partners may act secretly because they are hiding something.

For example, an addicted husband shows no remorse for the lies he is telling his wife.

Supporting a partner in addiction can take a lot of patience because you're constantly being lied to. Addiction causes many people to not act as they would normally. In an effort to hide their addiction from their partner, they may resort to lying or becoming more secretive.

### **3. They are no longer interested in hobbies:**

You may notice when living with an addicted partner that they stop doing the things they used to love doing.

They lose interest in things that used to matter.

When drugs and/or alcohol are abused, partners often give up their normal hobbies like reading, exercising, playing video games or sports.

This is also a big red flag if you suspect an adolescent in your family is an addict, they may stop attending their extracurricular activities.

### **4. They experience mood swings:**

Your addicted partner is going through major changes in their life as they get more dependent on alcohol and/or their drug of choice.

The ups and downs of highs and withdrawals can make your partner/spouse both upset and irritable.

If you notice mood swings, anxiety, or unreasonable reactions to events, take note. When dealing with an addicted partner and/or spouse, you may find that they act remorseful one moment and on the defense the next.

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As their symptoms of addiction worsen, they will go through more intense withdrawals. This can cause depression, irritability, fatigue, and anxiousness.

### **5. You notice their friends change:**

You may find that they start to spend time with new, questionable people. Drugs have to come from somewhere.

If your spouse/partner is making new friends with suspicious people, it may be because that's how they are obtaining their drugs. These new "friends" may also be people that they became connected through drug use and end up bonding over their mutual addiction.

### **6. Your old friends begin avoiding you and your partner:**

Just as you may notice your spouse or partner is making new friends, they begin to let go of long-term meaningful relationships.

When drugs and or alcohol take over someone's life, the addict often abandons their friends for their drug of choice.

They stop hanging out, seeking established friendships and your friends may take notice of changed behavior.

### **7. They lack motivation:**

A drug or alcohol abuser may no longer be motivated to do basic things like chores, shower and go to work or school.

When not using, they may be lethargic and depressed. When your addicted spouse is addicted to substances, the brain becomes affected.

The dopamine levels that are heightened through drug use stop being naturally produced. This causes overall exhaustion and fatigue that make it hard to do anything.

### **8. Their job performance suffers:**

One of the hardest parts of how to deal with a spouse or partner with addiction is the fear that they will lose their job.

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Addicts can get to the point where all they care about is getting their drug or alcohol of choice instead of their job.

Their workplace may be reaching out to you or giving warnings to your spouse on their work performance. They may be taking more (unexplained) time off or leaving work early.

### **9. They are inattentive to you:**

Drugs or alcohol may be preoccupying the addicted partners' mind.

This leads them to have a hard time holding a conversation and complete tasks. Some spouses/partners talk about their loved one becoming a "shell of their old selves."

They are no longer interested in you or anything that gave them pleasure in the past besides the substance they abuse.

### **Don't wait to get help until your partner hits rock-bottom.**

The first thing you should do before attempting to help your partner is to practice self-care. It's like when you fly on a plane and they tell you to put the oxygen mask on yourself before helping others. You need to care for yourself first and if that doesn't seem possible, then find a therapist to help you through this difficult time.

You should attempt to talk to your spouse or partner only when you both are calm and sober, about their drug use.

If they are unwilling to discuss this, continue to make excuses for their erratic behaviors, and refuse to admit to drug problems, it may be time for an intervention.

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### **Todd Creager is an experienced relationship therapist & coach**

*He specializes in marriage, sex and  
couples counseling.*

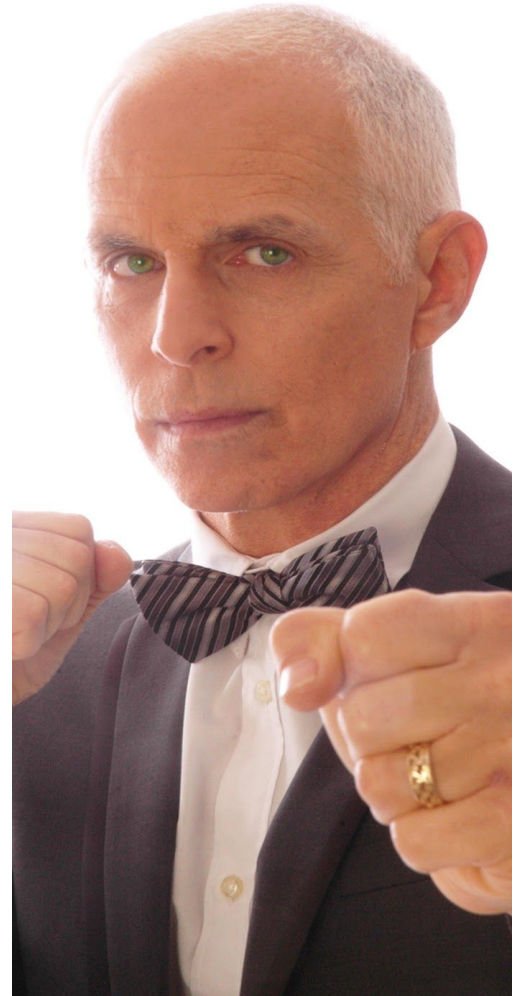
From increasing intimacy to a 90% success rate helping couples overcome infidelity, Todd has helped countless couples beat the issues that they face and as a result develop a deeper more satisfying relationship with their partners.

Author of the Long Hot Marriage, Love, Sex and Karaoke: 52 Ways to Ignite your Love

Life, Todd spends much of his time helping long-term partners create passionate & thriving relationships.

He provides unique and powerful insights that lead to breakthroughs which result in his clients getting closer to each other and getting the love they want.

*Need help? Todd can work with you  
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