

5 Signs of Addiction

The development of a drug or alcohol addiction often creates visible symptoms. These are five of the most common signs of addiction to watch for in yourself or loved ones.

1 *Increased Tolerance*

The more you abuse a substance, the more your body becomes accustomed to it. An increased tolerance may indicate that an addiction is already in place.

2 *Changes to Appearance*

Addiction can change the way people look. If someone stops their grooming routines, loses a lot of weight, or simply looks different for no reason, it could point to addiction.

3 *Behavioral Changes*

Changes to behavior and personality can also spell an addiction. Changes to sleep patterns and social withdrawal can be major red flags.

4 *Financial Problems*

An addiction makes it hard to earn money and easy to spend it, which is a dangerous combination.

5 *Neglecting Obligations*

Being late for work or school or forgetting an important event are common signs of addiction.

Resources:

<http://www.webmd.com/mental-health/addiction/signs-of-drug-addiction#1>