



Dr. Tracy's Counseling Services

20 years of experience

Q: How do I know if I have a drinking problem?

A: If you are asking the question, chances are good that you have a problem. "Normal" people do not generally question their drinking. Alcohol abuse and dependence can be very deceiving because of denial. It is easy to believe that if you go to work every day that you are not an alcoholic.

The big book of Alcoholics Anonymous has a suggestion for those who are questioning themselves: go try some controlled drinking. Set limits on your intake and stick to it. Have a 3 drink maximum for yourself. Then, see how you feel when you are actively trying to control your intake. If you are an alcoholic or a drug addict, chances are that you will be restless and irritable when trying to control or limit your using. Any alcoholic can control their drinking but only for a limited amount of time.

Alcohol abuse and alcoholism are associated with a broad range of medical, psychiatric, social, legal, occupational, economic and family problems. If alcohol is affecting even one area of your life, chances are that you are an alcoholic.

Three general steps are part of treating the alcoholic once the disorder has been diagnosed: intervention, detoxification and rehabilitation. Studies find that more people enter treatment if their family members are honest with them about their concerns. If you or your loved one is struggling with issues of substance abuse, help is available.

Specializing in the treatment of:

Anxiety and Depression

Addictions ~ Trauma and Grief

Relationship Issues ~ General Coping Issues

Parenting a Special Needs Child

Women's Issues ~ Workplace Stress

OWI Assessments

EVENING APPOINTMENTS AVAILABLE

Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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