

## How to recognize if someone may have a substance use disorder

Most common behaviors of someone with a substance use disorder:

- Changes in physical appearance, such as lack of grooming or dirty clothing.
- Altered behavior, such as an increased need for privacy.
- A noticeable lack of energy when performing daily activities.
- Spending more money than usual or requesting to borrow money.
- Changes in appetite such as decreased appetite and weight loss.
- Bloodshot eyes, poor skin tone, and appearing tired or run down.
- Unable to manage responsibilities at school, work, or home.
- Changes in friends, social activities, and locations.
- Loss of interest in favorite activities or hobbies.
- Sleeping for longer or less, or at different hours than normal.
- Acting tired, withdrawn, depressed or hostile.
- Defensiveness when asked about substance use.
- Developing withdrawal symptoms that can only be relieved by the drug, such as nausea and vomiting, body shaking, or sweating.
- Doing risky or dangerous things while on the drug, such as driving or unsafe sex.

Source: [CFS Adult Dual Diagnosis Intensive Outpatient Program](#)