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Abnormal Psychology (Psych 105)

Substance Abuse Case Study

Describe the symptoms of the disorder.

I can't believe how long it took me to realize I had a problem. That what I was doing wasn't helping me but hurting me. After all, I rationalized, everyone drinks alcohol. But my use became a dangerous addiction.

I wasn't always so caught up in drinking. I used to only have the occasional drink with my husband Scott on romantic getaways. Then he got sick with Leukemia and the getaways reduced and the drinking increased.

I had to get a job at the local truck stop diner during the late shift (8:00 PM-3:00 AM) in addition to my teaching job at the elementary school to help with bills since Scott couldn't work. I hated that place. The drivers liked to give us waitresses 'love taps.' I hated it. It was revolting and humiliating to feel strange men's hands touching me where only Scott should. I complained to the manager but he simply stated that it went with the territory. What could I do? I desperately needed the money. So I started having a couple drinks before work and a couple drinks after work so I wouldn't be so stressed.

At first it only took a couple drinks to make me relaxed and reduce my stress. But pretty soon I had to have more and more to get the same affect. I was building up a tolerance.