

Identifying a Toxic State

Being toxic is when you are agitated, jumpy, and likely to act out. It is not unusual for someone close to an addict to point out that the addict is behaving like he is going to have an acting out episode when the addict doesn't have a clue about it. Below are some examples of behavior that are indicative of a toxic state. (Most of them have to do with agitation.) Check the ones that relate to you and add others, listing specific examples for yourself.

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| <input type="checkbox"/> Being fidgety (moving arms, legs, playing with keys, etc.) more than usual | <input type="checkbox"/> Being judgemental |
| <input type="checkbox"/> Generally compulsive behavior (increased neatness and orderliness, increased eating/smoking, compulsive cleaning, running around in anxiety with no clear purpose) | <input type="checkbox"/> Feeling lots of self pity |
| <input type="checkbox"/> Avoiding day to day responsibilities | <input type="checkbox"/> All or nothing thinking |
| <input type="checkbox"/> Obsessive thinking (being mentally preoccupied) | <input type="checkbox"/> |
| <input type="checkbox"/> Talking fast, walking fast, doing everything fast | <input type="checkbox"/> |
| <input type="checkbox"/> Feeling driven | <input type="checkbox"/> |
| <input type="checkbox"/> Being unable to enjoy quiet activities | <input type="checkbox"/> |
| <input type="checkbox"/> Being unable to tolerate people who are not their "very favorite people" | <input type="checkbox"/> |
| <input type="checkbox"/> Being irritable | <input type="checkbox"/> |
| <input type="checkbox"/> Being rageful | <input type="checkbox"/> |