

# THE PROGRESSIVE DISEASE of ALCOHOLISM

(READ FROM LEFT...DOWN, RIGHT..UP)

## ADDICTION →

### HEAVY SOCIAL DRINKING - 5 OR MORE PER OCCASION - 2 OR MORE TIMES WEEKLY

- INCREASE IN ALCOHOL TOLERANCE
- DESIRE TO CONTINUE WHEN OTHERS STOP
- RELIEF DRINKING COMMENCES
- UNCOMFORTABLE IN SITUATION WHERE THERE IS NO ALCOHOL
- OCCASIONAL MEMORY LAPSSES AFTER HEAVY DRINKING
- SECRET IRRITATION WHEN YOUR DRINKING IS DISCUSSED
- LYING ABOUT DRINKING TO EVERYBODY (RATIONALIZATION)
- URGENCY OF FIRST DRINK
- INCREASING DEPENDENCE ON ALCOHOL
- FEELING OF GUILT ABOUT DRINKING
- UNABLE TO DISCUSS PROBLEMS
- PROMISES AND RESOLUTIONS FAIL REPEATEDLY
- GRANDIOSE AND AGGRESSIVE BEHAVIOR
- FAMILY, WORK AND MONEY PROBLEMS
- NEGLECT OF FOOD
- DRINKING ALONE - SECRETLY

### THE 9 SIGNS OF ALCOHOLISM

CONTINUOUS, COMFORTABLE FEELING OF RETURN OF RESPECT OF FAMILY AND FRIENDS

#### LOSS OF CONTROL PHASE - RATIONALIZATION BEGINS

- INCREASING FREQUENCY OF RELIEF DRINKING
- EARLY
- SNEAKING DRINKS
- DRINKING BOLSTERED WITH EXCUSES
- INCREASED MEMORY BLACKOUTS
- TREMORS AND EARLY MORNING DRINKS
- COMPLETE DISHONESTY
- LOSS OF OTHER INTERESTS
- EFFORTS TO CONTROL FAIL REPEATEDLY
- FAMILY AND FRIENDS AVOIDED

#### HELP NEEDED

- IMPROVED PEACE OF MIND
- CONFIDENCE OF EMPLOYER BEGINS
- RATIONALIZATIONS RECOGNIZED
- FIRST STEPS TOWARD ECONOMIC STABILITY
- INCREASE OF EMOTIONAL CONTROL
- ADJUSTMENT TO FAMILY NEEDS
- NEW CIRCLE OF STABLE FRIENDS
- NEW SET OF MORAL VALUES START UNFOLDING
- NATURAL REST AND SLEEP
- DIMINISHING FEARS AND ANXIETIES
- APPLICATION OF SPIRITUAL VALUES BEGINS
- BELIEF THAT A NEW LIFE IS POSSIBLE
- DAWN OF NEW HOPE
- ATTEMPTS AT HONEST THINKING
- TOLD ALCOHOLISM CAN BE ARRESTED
- DESIRE FOR ALCOHOL PERSISTS
- EXPRESSES DESIRE FOR HELP
- DRYING OUT / MEDICAL HELP

#### LOSS OF JOB

- RADICAL DETERIORATION OF FAMILY RELATIONSHIPS
- PHYSICAL DETERIORATION
- MORAL DETERIORATION
- URGENT NEED FOR MORNING DRINK
- SANITARIUM OR HOSPITAL
- PERSISTENT REMORSE
- LOSS OF FAMILY
- DECREASE IN ALCOHOLIC TOLERANCE
- HOSPITAL / SANITARIUM
- UNABLE TO INITIATE ACTION
- OBSESSION WITH DRINKING
- COMPLETE ABANDONMENT

#### NOW THINKS "ACTIVITIES INTERFERE WITH MY DRINKING"

- UNREASONABLE RESENTMENTS
- "WATER WAGON" ATTEMPTS FAIL
- LOSS OF WILL POWER
- ONSET OF LENGTHY DRUNKS
- GEOGRAPHICAL ESCAPE ATTEMPTED
- IMPAIRED THINKING
- DRINKING WITH INFERRIORS
- SUCCESSIVE LENGTHY DRUNKS
- INDEFINABLE FEARS
- UNABLE TO WORK
- ALL ALIBIS EXHAUSTED

#### LOSS OF 15 YRS AVERAGE

#### MIDDLE

- LOSS OF NEW HOPE
- ATTEMPTS AT HONEST THINKING
- TOLD ALCOHOLISM CAN BE ARRESTED
- DESIRE FOR ALCOHOL PERSISTS
- EXPRESSES DESIRE FOR HELP
- DRYING OUT / MEDICAL HELP

#### LOSS OF 7 YRS AVERAGE

#### LATE

- ATTEMPTS AT HONEST THINKING
- TOLD ALCOHOLISM CAN BE ARRESTED
- DESIRE FOR ALCOHOL PERSISTS
- EXPRESSES DESIRE FOR HELP
- DRYING OUT / MEDICAL HELP
- COMPLETE ABANDONMENT

#### DERELICTION DRINKING AWAY "SYMPTOMS OF DRINKING" IN VICIOUS CIRCLES

COMPLETE ABANDONMENT

#### CONTINUED DETERIORATION

#### DEATH

#### COMPLETE DEFEAT ADMITTED CALLS FOR HELP

- MEETS RECOVERED, NORMAL, HAPPY ALCOHOLICS

ENLIGHTENED AND INTERESTING WAY OF LIFE OPENS UP WITH ROAD AHEAD TO HIGHER LEVELS THAN EVER THOUGHT POSSIBLE

## RECOVERY

2 TO 25 YEARS

2 TO 10 YEARS

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