1 Out of 10 Drinkers







BECOMES an Alcoholic



Occasional Relief Drinking/Drugging

Constant Relief Drinking/Drugging

Onset of Memory Blackouts

Surreptitious Drinking/Drugging

Unable to Discuss Problem

Decrease of Ability to Stop Drinking/Drugging When Others Do So

> Grandiose and Aggressive Behavior

Efforts to Control Fail Repeatedly

Tries Geographic Escapes

Family and Friends Avoided

Unreasonable Resentments

Loss of Ordinary Will Power

Decrease in Alcohol Tolerance

> Onset of Lengthy Intoxications

Impaired Thinking

Indefinable Fears

Obsession with Drinking

All Alibis Exhausted

Increase of Alcohol/Drug Tolerance

Increasing Dependence on Alcohol/Drugs

Feelings of Guilt

Memory Blackouts Increase

Drinking Bolstered with Excuses

Persistent Remorse

Promises and Resolutions

Loss of Other Interest

Work and Money Troubles

Neglect Nutrition/Food

Tremors/Early Morning Drink/Drug

Physical Deterioration

Moral Deterioration

Drinking/Drugging with Inferiors

Unable to Initiate Action

Vague Spiritual Desires

Enlightened and Interesting Way of Life Opens Up with Road Ahead to Higher Levels than Ever Before

ALCOHOL/DRUG ADDICTION

AND RECOVERY

(JELLINEK CHART MODIFIED)

Group Therapy & Mutual Help Continue

Increasing Tolerance

Contentment of Sobriety

Confidence of Employers

Appreciation of Real Values

Rebirth of Ideals

New Interest Develop

Adjustment to Family Needs

Desire to Escape Goes

Return of Self Esteem

Diminishing Fears of Unknown Future

Start of Group Therapy

Physical Overhaul by Doctor

Right Thinking Begins

Meets Normal and Happy

Told Addiction Can be Arrested

Honest Desire for Help

Rationalizations Recognized

Care of Personal Appearance

First Steps Towards **Economic Stability**

Increase of Emotional Control

Facts Faced with Courage

New Circle of Stable Friends

Family & Friends Appreciate Effort

Natural Rest and Sleep

Realistic Thinking

Regular Nourishment Taken

Appreciation of Possibilities of New Way of Life

Onset of New Hope

Spiritual Needs Examined

Takes Stock of Self

Stops Taking Alcohol

CHOICE

Obsessive Drinking/

Learns Alcoholism/Drug Addictions is an Illness

engens.

I nsani t y, loss of ever yt hi ng, pr obabl e **DEATH**

Drugging in Vicious Circles

Complete Defeat Admitted

Chror

Progressi on

INCREASE IN ALCOHOL TOLERANCE— the need of 8 to 10 drinks to get the effect that 4 or 5 formerly produced. ONSET OF MEMORY BLACKOUTS—period of alcohol induced amnesia. SURREPTITIOUS DRINKING—secret drinking to compensate for increased tolerance. INCREASING DEPENDENCE ON ALCOHOL—thinking about drinking and planning drinking occasions. URGENCY OF FIRST DRINK—drinks fast to get the effects quickly. UNABLE TO DISCUSS PROBLEM—deliberately avoiding anything that might call attention to excessive drinking behavior. DECREASE OF ABILITY TO STOP—compulsive need for alcohol after only one drink.

Cruci al Phase

DRINKING BOLSTERED WITH EXCUSES—a system of defense to justify drinking behavior. GRANDIOSE AND AGGRESSIVE BEHAVIOR—becoming a big spender to purchase friendship and convince self that all is well; belligerent, picks fights, or riles easily while under the influence of alcohol. PERSISTENT REMORSE—intense feelings of guilt and sorrow over aggressive behavior. EFFORTS TO CONTROL FAIL REPEATEDLY—trying to prevent excessive drinking by changing brand of alcohol, drinking companions, time or place of drinking. FAMILY AND FRIENDS AVOIDED—deterioration of meaningful relationships. WORK AND MONEY TROUBLES—reduction in job performance caused by abnormal use of alcohol; neglect of financial responsibilities. UNREASONABLE RESENTMENTS—deep hostility against everything that make the alcoholic faces up to his alcoholism. GEO-GRAPHICAL ESCAPES—a move to get away from the problems created by excessive drinking. EARLY MORNING DRINKING—starting the day with alcohol or drinking around the clock to keep a certain amount of alcohol in the bloodstream at all times. PHYSICAL **DETERIORATION**—marked physical and psychological breakdown such as cirrhosis, brain damage, neurosis. ONSET OF LENGTHY INTOXICATIONS—uncontrolled drinking for days, weeks, sometimes months.

Chronic Phase

MORAL DETERIORATION—code of ethics breaks down, the alcoholic will beg, bun, or steal to get alcohol. IMPAIRED THINKING—develops a sick way of thinking. INDEFINABLE FEARS—fears of impending danger not related to reality. UNABLE TO INITIATE ACTION—lack of coordination caused by prolonged use of alcohol; trembling and shaking brought on by prolonged use of alcohol. VAGUE SPIRITUAL DESIRES—turning to God as a last resort to keep a drink down without getting sick. ALL ALIBIS EXHAUSTED—can find no more excuses to blame alcohol problem on. COMPLETE DEFEAT ADMITTED—realization that you have no control over your addiction. VICIOUS CIRCLE—drinking to get well and getting worse, over and over.

THE CHOICE

INSANITY, LOSS OF EVERYTHING, DEATH—inevitable results of continued alcoholic drinking... **OR RECOVERY**—learning to live a fulfilling life without the need of alcohol; the journey of rehabilitation and recovery begins.