

1 Out of 10
Drinkers

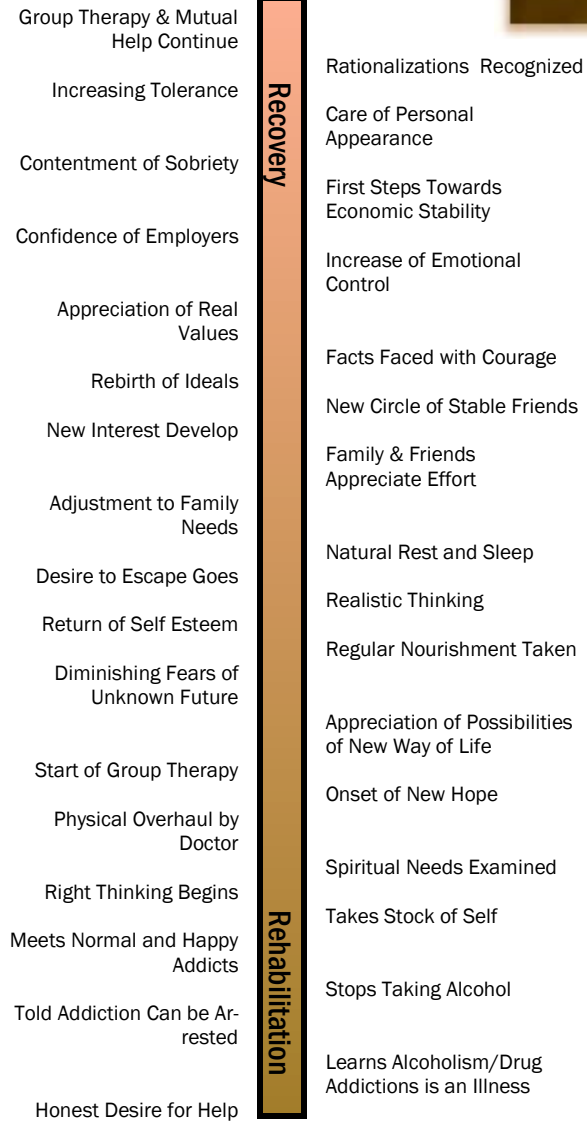
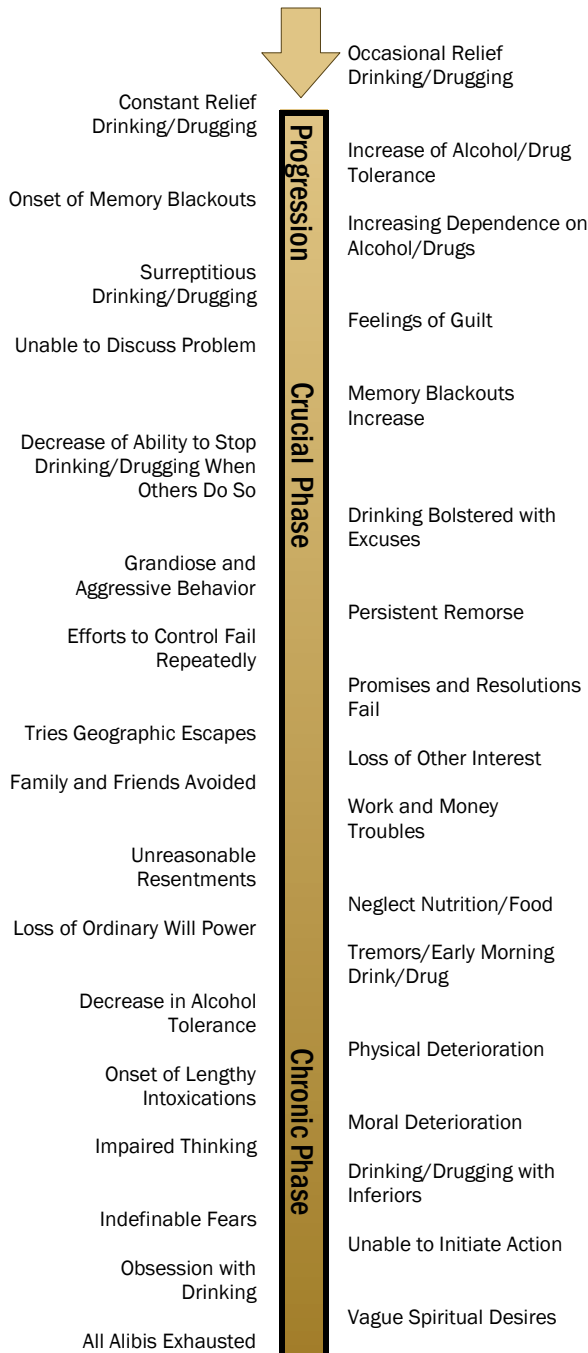


ALCOHOL/DRUG ADDICTION AND RECOVERY

(JELLINEK CHART MODIFIED)

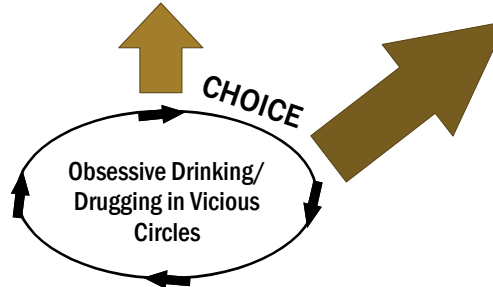
BECOMES an Alcoholic

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



Insanity,
loss of
everything,
probable
DEATH

Complete Defeat Admitted



Progression

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.

Crucial 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. **GEOGRAPHICAL 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, buy, 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.