DRINKS TO FEEL BETTER

DRINKS TO RELAX

DRINKS TO FEEL STIMULATED

DRINKS FOR ANY REASON

The Progression and **Recovery of the Alcoholic**

DRINKS WITH IMPROVED FREQUENCY OF DRINKING INCREASES FUNCTIONING

AMOUNT OF DRINKING INCREASES

HAS MILD IRRITABILITY FEELS LUCKY—CAN DRINK WITHOUT GETTING DRUNK

FINDS FRIENDS WHO CAN KEEP UP WITH DRINKING INSOMNIA BLAMED

HAS NAUSEA EARLY IN DAY

PREOCCUPIED WITH AFTER-WORK DRINK TO RELAX

MILD SHAKES THAT CURE THEMSELVES

GETS DRUNK MORE FREQUENTLY

DAILY DRINKING

FEELS BORED IF NOT DRINKING IN P.M.

PERSPIRES AT NIGHT; DAMP PILLOW DRINKS INAPPROPRIATE AMOUNTS

THINKS ABOUT DRINKING EARLIER IN DAY

DRINKS AT INAPPROPRIATE TIMES

BEGINS TAKING "HAIR OF THE DOG" OR SEDATIVE FOR "STRESS"

DRINKS AT INAPPROPRIATE PLACES

BLAMES DRINKING ON PROBLEMS MAY SEEK MARRIAGE COUNSELING OR

DRINKS WITH THOSE WHO HAVE MORE SERIOUS DRINKING PROBLEMS THAN SELF

FINDS MEDICAL EXPERTS THAT AGREE NO

IS QUESTIONED BY OTHERS ABOUT DRINKING. GIVES CONVINCING ARGUMENTS

ATTEMPTS TO DIMINISH AMOUNT AND ALTER TIMES OF DRINKING (AFTER 5 P.M. ONLY, ETC.)

KNOWS SYMPTOMS OF ALCOHOLISM DOES $\underline{\mathsf{NOT}}$ HAVE AND USES TO COMPARE OUT

HAS FIRM BELIEFS ABOUT WHAT CAUSES ALCOHOLISM—WILLPOWER, WEAKNESS, ETC.

BEGINS TO EXPERIENCE SLIGHT TREMORS IN FINGER TIPS, BUT BLAMES ON "NERVES"

HAS DEFINITION OF ALCOHOLISM THAT DOES NOT INCLUDE SELF

EFFORTS TO QUIT FAIL

HAS BLACKOUTS

CHANGES DEFINITION OF ALCOHOLISM AS ACQUIRES WORSENING SYMPTOMS TO AVOID SELF DIAGNOSIS

SHORT TERM MEMORY PROBLEMS. COMPLAINS ABOUT LACK OF ENERGY

QUITS DRINKING FOR DAYS OR WEEKS IN RESPONSE TO CRISIS SHAKES INCREASE

INCREASING MEDICAL PROBLEMS, COLDS, FLU

RESUMED DRINKING AFTER CRISIS INCLUDES LARGER AMOUNTS AND HARDER DRINKING

NOTICES PUFFINESS AND SWELLING

FAMILY OR FRIENDS TRY HALF-MEASURED INTERVENTION ATTEMPTS THAT FAIL

NUMBNESS, TINGLING IN LEGS, NIGHT TERRORS IN SLEEP

MAY SUFFER DT'S, SEIZURES, CONVULSIONS WHEN ATTEMPTS TO QUIT.

PAIN IN STOMACH AREA OR BACK

LOSS OF APPETITE

THINKS ABOUT QUITTING SOMEDAY, MAKES PROMISES TO QUIT IN FUTURE, NEW YEAR'S RESOLUTIONS, QUITS DURING LENT.

DIGESTIVE PROBLEMS, HEART RACING, UNDETECTED MEDICAL PROBLEMS, BRUISES EASILY. NOTICES BLOOD IN URINE OR STOOLS

BROKEN BLOOD VESSELS, PARTICULARLY IN FACE

FEELS REMORSE, MAY FEEL SUICIDAL

FEELS FEARFUL ABOUT FUTURE

SEVERE WORK,

SEEKS MEDICAL HELP, BUT WANTS TO AVOID QUITTING ENTIRELY

GIVES UP RELATIONSHIPS OF PRIOR VALUE

PATIENT FEELS GUILTY, ANGRY, DEPRESSED

BELIEVES MAY BE ABLE TO DRINK SOMEDAY THE WAY ONCE DID

PATIENT FEELS CAN STAY STOPPED FOR GOOD

MEDICAL CONDITION IS TREATED

PATIENT IS DETOXIFIED

FORCED INTO TREATMENT FOR MEDICAL PROBLEMS, OR COERCED TO ADMIT SELF TO TREATMENT PROGRAM BY FAMILY, COURT, EMPLOYER

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ACCEPTS SELF AS NON-DRINKING ALCOHOLIC

SOBRIETY BECOMES THE MOST IMPORTANT POSSESSION

COMPARES INTO AA MEETINGS

ANGER, DEPRESSION, AND GUILT SUBSIDES

MAKES COMMITMENT TO TREAT ILLNESS

BEGINS TAKING PERSONAL RESPONSIBILITY FOR CHANGING THINKING AND BEHAVIOR

LEARNS HOW TO TREAT ALCOHOLISM

ADMITS HAVING THE DISEASE OF ALCOHOLISM WITHOUT RESERVATIONS

SELF-DIAGNOSED, BUT MINIMIZES SEVERITY OF SYMPTOMS

RE-EDUCATION ABOUT DISEASE BEGINS

LOOKS FOR OTHERS WORSE OFF THAN SELF AS WAY OF DENYING SEVERITY OF ILLNESS

BEGINS WORKING IN GROUPS TO ACQUIRE NEW WAYS OF THINKING AND EMOTIONAL COMMON SENSE.

MAINTAINS RECOVERY PROGRAM

SEVERE PSYCHOSOCIAL STRESSOR MAY TRIGGER RELAPSE INTO DRINKING, BUT PATIENT BOUNCES BACK WITHOUT PROBLEMS

NON-DRINKING BECOMES UNCONDITIONAL

HELPS OTHERS ENTERING RECOVERY

BECOMES HOPEFUL ABOUT FUTURE

LOSS OF CONTROL OVER AMOUNT OF DRINKING

YELLOWING OF EYES

FAMILY, MONEY, AND/OR LEGAL PROBLEMS

LIFE BECOMES UNPREDICTABLE LEGAL PROBLEMS INCREASE, DUI'S

LIES ABOUT DRINKING, LOSES VIRTUALLY
ALL RELATIONSHIPS OF VALUE