DRINKS TO FEEL BETTER

DRINKS TO RELAX

DRINKS TO FEEL STIMULATED

DRINKS FOR ANY REASON

FREQUENCY OF DRINKING INCREASES 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

DRINKS WITH IMPROVED FUNCTIONING

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

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

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

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

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

RESUMED DRINKING AFTER CRISIS INCLUDES LARGER AMOUNTS AND HARDER DRINKING INCREASING MEDICAL PROBLEMS, COLDS, FLU

FAMILY OR FRIENDS TRY HALF-MEASURED INTERVENTION ATTEMPTS THAT FAIL

NUMBNESS, TINGLING IN LEGS, NIGHT TERRORS IN SLEEP

NOTICES PUFFINESS AND SWELLING

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.

NOTICES BLOOD IN URINE OR STOOLS

DIGESTIVE PROBLEMS, HEART RACING, UNDETECTED MEDICAL PROBLEMS, BRUISES EASILY.

The Progression and

Recovery of the Alcoholic

BROKEN BLOOD VESSELS, PARTICULARLY IN FACE

FEELS REMORSE, MAY FEEL SUICIDAL

YELLOWING OF EYES FEELS FEARFUL ABOUT FUTURE

SEVERE WORK, FAMILY, MONEY, AND/OR LEGAL PROBLEMS

SEEKS MEDICAL HELP, BUT WANTS TO AVOID QUITTING ENTIRELY

GIVES UP RELATIONSHIPS OF PRIOR VALUE

PATIENT FEELS CAN STAY STOPPED FOR GOOD

LIFE BECOMES UNPREDICTABLE LEGAL PROBLEMS INCREASE, DUI'S LIES ABOUT DRINKING, LOSES VIRTUALLY
ALL RELATIONSHIPS OF VALUE

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

MAINTAINS RECOVERY PROGRAM

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

NON-DRINKING BECOMES UNCONDITIONAL

ACCEPTS SELF AS NON-DRINKING ALCOHOLIC

SOBRIETY BECOMES THE MOST IMPORTANT POSSESSION

HELPS OTHERS ENTERING RECOVERY

BECOMES HOPEFUL ABOUT FUTURE

COMPARES INTO AA MEETINGS

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

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

BELIEVES MAY BE ABLE TO DRINK SOMEDAY THE WAY ONCE DID

PATIENT FEELS GUILTY, ANGRY, DEPRESSED

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LOSS OF CONTROL OVER AMOUNT OF DRINKING