

The Progression and Recovery of the Alcoholic in the Disease of Alcoholism

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

To be read from left to right

Progression

- Urgency of First Drinks
- Feelings of Guilt
- Memory Blackouts Increase
- Drinking Bolstered with Excuses
- Grandiose and Aggressive Behaviour
- Efforts to Control Fail Repeatedly
- Tries Geographical Escapes
- Family and Friends Avoided
- Loss of Ordinary Will Power
- Tremors and Early Morning Drinks
- Decrease in Alcohol Tolerance
- Onset of Lengthy Intoxication

Crucial Phase

- Occasional Relief Drinking
- Constant Relief Drinking Commences
- Increase in Alcohol Tolerance
- Onset of Memory Blackouts
- Surreptitious Drinking
- Increasing Dependence on Alcohol
- Unable to Discuss Problem
- Decrease of Ability to Stop Drinking when Others Do So
- Persistent Remorse
- Promises and Resolutions Fail
- Loss of Other Interests

Chronic Phase

- Moral Deterioration
- Impaired Thinking
- Drinking with Inferiors
- Indefinable Fears
- Unable to Initiate Action
- Obsession with Drinking
- Vague Spiritual Desires
- All Alibis Exhausted
- Complete Defeat Admitted

- Group Therapy and Mutual Help Continues
- 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 and Friends Appreciate Efforts
- Natural Rest and Sleep
- Realistic Thinking
- Regular Nourishment Taken

Rehabilitation

- Start of Group Therapy
- Onset of New Hope
- Physical Overhaul by Doctor
- Spiritual Needs Examined
- Right Thinking Begins
- Takes Stock of Self
- Meets Normal and Happy Former Addicts
- Stops Taking Alcohol
- Told Addiction Can be Arrested
- Learns Alcoholism is an Illness
- Honest Desire for Help

Recovery

- Increasing Tolerance
- Contentment in Sobriety
- Confidence of Employers
- Appreciation of Real Values
- Rebirth of Ideals
- New Interests Develop
- Adjustment to Family Needs
- Desire to Escape Goes Away
- Return of Self-esteem
- Diminishing Fears of the Unknown Future
- Appreciation of Possibilities of a New Way of Life

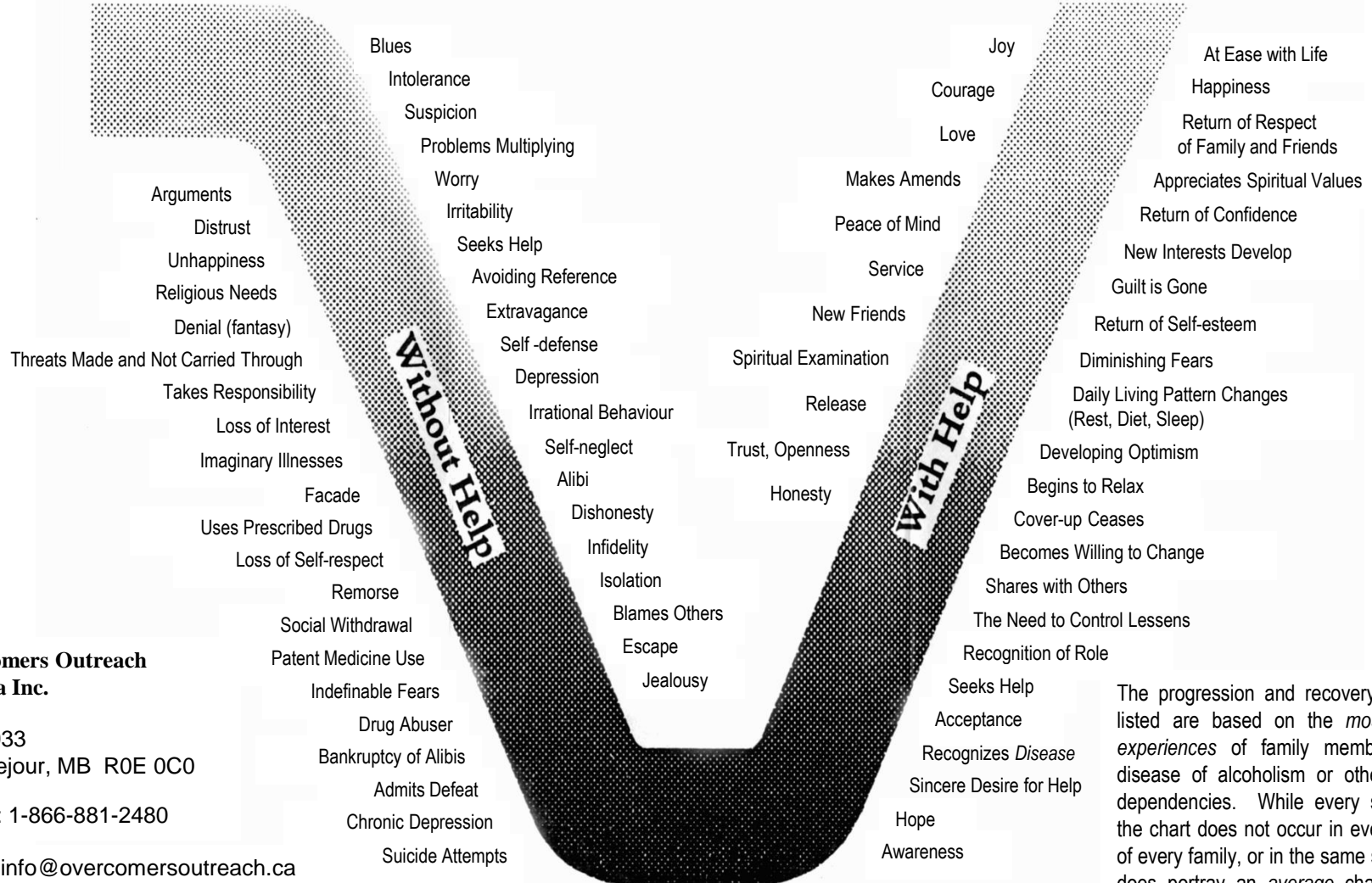
Obsessive Drinking Continues In Vicious Circles



A Christ-Centered 12-Step Recovery Group addressing addictions and those affected by them

The Progression and Recovery of the Family in the Disease of Alcoholism

Enlightened, Future Bright,
To Higher Levels than
Ever Believed Possible



Bottom

The progression and recovery symptoms listed are based on the *most repeated experiences* of family members in the disease of alcoholism or other chemical dependencies. While every symptom in the chart does not occur in every member of every family, or in the same sequence, it does portray an *average* chain reaction. The entire process may take years or it may occur in a very short time.

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