

THE
PROGRESSIVE

DISEASE of ALCOHOLISM

(READ FROM LEFT...DOWN, RIGHT..UP)

ENLIGHTENED AND INTERESTING
WAY OF LIFE OPENS UP WITH ROAD
AHEAD TO HIGHER LEVELS THAN
EVER THOUGHT POSSIBLE

ADDICTION →

← RECOVERY

HEAVY SOCIAL DRINKING - 5 OR MORE PER OCCASION - 2 OR MORE TIMES WEEKLY

THE 9 SIGNS OF ALCOHOLISM

SOBRIETY BEGINS

CONTINUOUS, COMFORTABLE FEELING OF
RETURN OF RESPECT OF FAMILY AND FRIENDS

INCREASE IN
ALCOHOL TOLERANCE
DESIRE TO CONTINUE
WHEN OTHERS STOP

DRINKING TO RELIEVE TENSION

DRINKING BEFORE A DRINKING FUNCTION

RELIEF DRINKING COMMENCES
PREOCCUPATION WITH ALCOHOL
(THINKING ABOUT NEXT DRINK)

UNCOMFORTABLE IN SITUATION
WHERE THERE IS NO ALCOHOL

OCCASIONAL MEMORY LAPSES
AFTER HEAVY DRINKING

SECRET IRRITATION WHEN YOUR
DRINKING IS DISCUSSED
LYING ABOUT DRINKING TO
EVERYBODY (RATIONALIZATION)

LOSS OF CONTROL PHASE—
RATIONALIZATION BEGINS

INCREASING FREQUENCY OF RELIEF DRINKING

EARLY

SNEAKING DRINKS

URGENCY OF FIRST DRINK

DRINKING BOLSTERED WITH EXCUSES

INCREASING DEPENDENCE ON ALCOHOL

INCREASED MEMORY BLACKOUTS

FEELING OF GUILT ABOUT DRINKING

TREMORS AND EARLY MORNING DRINKS

UNABLE TO DISCUSS PROBLEMS

COMPLETE DISHONESTY

PROMISES AND RESOLUTIONS FAIL REPEATEDLY

LOSS OF OTHER INTERESTS

GRANDIOSE AND AGGRESSIVE BEHAVIOR

EFFORTS TO CONTROL FAIL REPEATEDLY

FAMILY, WORK AND MONEY PROBLEMS

FAMILY AND FRIENDS AVOIDED

NEGLECT OF FOOD

DRINKING ALONE - SECRETLY

LOSS OF JOB

RADICAL DETERIORATION OF FAMILY RELATIONSHIPS

NOW THINKS "ACTIVITIES
INTERFERE WITH MY DRINKING"

PHYSICAL DETERIORATION

UNREASONABLE RESENTMENTS

MORAL DETERIORATION

"WATER WAGON" ATTEMPTS FAIL

URGENT NEED FOR MORNING DRINK

LOSS OF WILL POWER

SANITARIUM OR HOSPITAL

ONSET OF LENGTHY DRUNKS

PERSISTENT REMORSE

GEOGRAPHICAL ESCAPE ATTEMPTED

LOSS OF FAMILY

IMPAIRED THINKING

DECREASE IN ALCOHOLIC TOLERANCE

DRINKING WITH INFERIORS

HOSPITAL / SANITARIUM

SUCCESSIVE LENGTHY DRUNKS

UNABLE TO INITIATE ACTION

INDEFINABLE FEARS

OBSESSION WITH DRINKING

UNABLE TO WORK

ALL ALIBIS
EXHAUSTED

COMPLETE ABANDONMENT

DESIRE FOR ALCOHOL PERSISTS
EXPRESSES DESIRE FOR HELP
DRYING OUT / MEDICAL HELP

IMPROVED PEACE OF MIND
CONFIDENCE OF EMPLOYER BEGINS
RATIONALIZATIONS RECOGNIZED
FIRST STEPS TOWARD ECONOMIC STABILITY
INCREASE OF EMOTIONAL CONTROL
ADJUSTMENT TO FAMILY NEEDS

NEW CIRCLE OF STABLE FRIENDS

NEW SET OF MORAL VALUES
START UNFOLDING

NATURAL REST AND SLEEP

DIMINISHING FEARS
AND ANXITIES

APPLICATION OF
SPIRITUAL VALUES BEGINS

BELIEF THAT A NEW
LIFE IS POSSIBLE

DAWN OF NEW HOPE

ATTEMPTS AT
HONEST THINKING

TOLD ALCOHOLISM
CAN BE ARRESTED

DESIRE FOR ALCOHOL PERSISTS
EXPRESSES DESIRE FOR HELP
DRYING OUT / MEDICAL HELP

CARE OF PERSONAL APPEARANCE / HYGIENE BEGINS

STARTS TO REACT TO GROUP THERAPY
ATTEMPTS TO STOP DRINKING

LEARNS ALCOHOLISM IS A DISEASE
MEETS RECOVERED, NORMAL, HAPPY ALCOHOLICS

COMPLETE DEFEAT ADMITTED
CALLS FOR HELP

CONTINUED DETERIORATION

DEATH

2 TO 25 YEARS

12 TO 15 YRS
AVERAGE

MIDDLE

5 TO 7 YRS
AVERAGE

LATE

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DERELICTION

DRINKING AWAY
"SYMPTOMS OF DRINKING"
IN VICIOUS CIRCLES