

# Disease of Alcoholism

PROGRESSION ➔

RECOVERY

## SOCIAL DRINKING

EARLY STAGES

MIDDLE STAGES

LATE STAGES

INCREASE IN ALCOHOL TOLERANCE  
 DESIRE TO CONTINUE WHEN OTHERS STOP  
 RELIEF DRINKING COMMENCES  
 PREOCCUPATION WITH ALCOHOL (THINKING ABOUT NEXT DRINK)  
**LOSS OF CONTROL PHASE RATIONALIZATION BEGINS**  
 INCREASING FREQUENCY OF RELIEF DRINKING  
 SNEAKING DRINKS  
 DRINKING BOLSTERED WITH EXCUSES  
 INCREASED MEMORY BLACKOUTS  
 TREMORS AND EARLY MORNING DRINKS  
 COMPLETE DISHONESTY  
 LOSS OF OTHER INTERESTS  
 EFFORTS TO CONTROL FAIL REPEATEDLY  
 FAMILY AND FRIENDS AVOIDED

DRINKING TO CALM NERVES  
 DRINKING BEFORE A DRINKING FUNCTION  
 UNCOMFORTABLE IN SITUATION WHERE THERE IS NO ALCOHOL  
 OCCASIONAL MEMORY LAPSES AFTER HEAVY DRINKING  
 SECRET IRRITATION WHEN YOUR DRINKING IS DISCUSSED  
 LYING ABOUT DRINKING  
 HIDING LIQUOR  
 URGENCY OF FIRST DRINK  
 INCREASING DEPENDENCE ON ALCOHOL  
 FEELING OF GUILT ABOUT DRINKING  
 UNABLE TO DISCUSS PROBLEMS  
 GRANDIOSE AND AGGRESSIVE BEHAVIOR  
 FAMILY, WORK AND MONEY PROBLEMS  
 NEGLECT OF FOOD  
 DRINKING ALONE - SECRETLY

**HELP NEEDED**

**LOSS OF JOB**  
 RADICAL DETERIORATION OF FAMILY RELATIONSHIPS  
 PHYSICAL DETERIORATION  
 MORAL DETERIORATION  
 URGENT NEED FOR MORNING DRINK  
 SANITARIUM OR HOSPITAL  
 PERSISTENT REMORSE  
 LOSS OF FAMILY  
 DECREASE IN ALCOHOL TOLERANCE  
 HOSPITAL/SANITARIUM  
 UNABLE TO INITIATE ACTION  
 OBSESSION WITH DRINKING  
 COMPLETE ABANDONMENT

UNREASONABLE RESENTMENTS  
 "WATER WAGON" ATTEMPTS FAIL  
 LOSS OF WILL POWER  
 ONSET OF LENGTHY DRUNKS  
 GEOGRAPHICAL ESCAPE ATTEMPTED  
 IMPAIRED THINKING  
 DRINKING WITH INFERIORS  
 SUCCESSIVE LENGTHY DRUNKS  
 INDEFINABLE FEARS  
 UNABLE TO WORK  
 ALL ALIBIS EXHAUSTED

**NOW THINKS RESPONSIBILITIES INTERFERE WITH DRINKING**

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 ANXIETIES  
 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

**CALLS FOR HELP**

**SOBRIETY CONTINUES**  
 FULL APPRECIATION OF SPIRITUAL VALUES  
 BEGIN CONTENTMENT IN SOBRIETY  
 INCREASED INTEREST/ACTIVITY IN GROUP THERAPY  
 APPRECIATION OF REAL VALUES  
 REBIRTH OF IDEALS  
 NEW INTERESTS DEVELOP  
 NEW FUTURE FACED WITH DETERMINATION AND COURAGE  
 DESIRE TO ESCAPE PASSES  
 SOME SELF ESTEEM RETURNS  
 FAMILY AND FRIENDS APPRECIATE EFFORTS  
 BEGINNING OF REALISTIC THINKING  
 REGULAR NOURISHMENT TAKEN  
 DESIRE FOR GROUP THERAPY GROWS  
 SPIRITUAL NEEDS EXAMINED  
 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

CONTINUED DETERIORATION

**LASTING RECOVERY**

OUTPATIENT ALCOHOL AND DRUG TREATMENT CENTER

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*It's never too late for a new beginning*