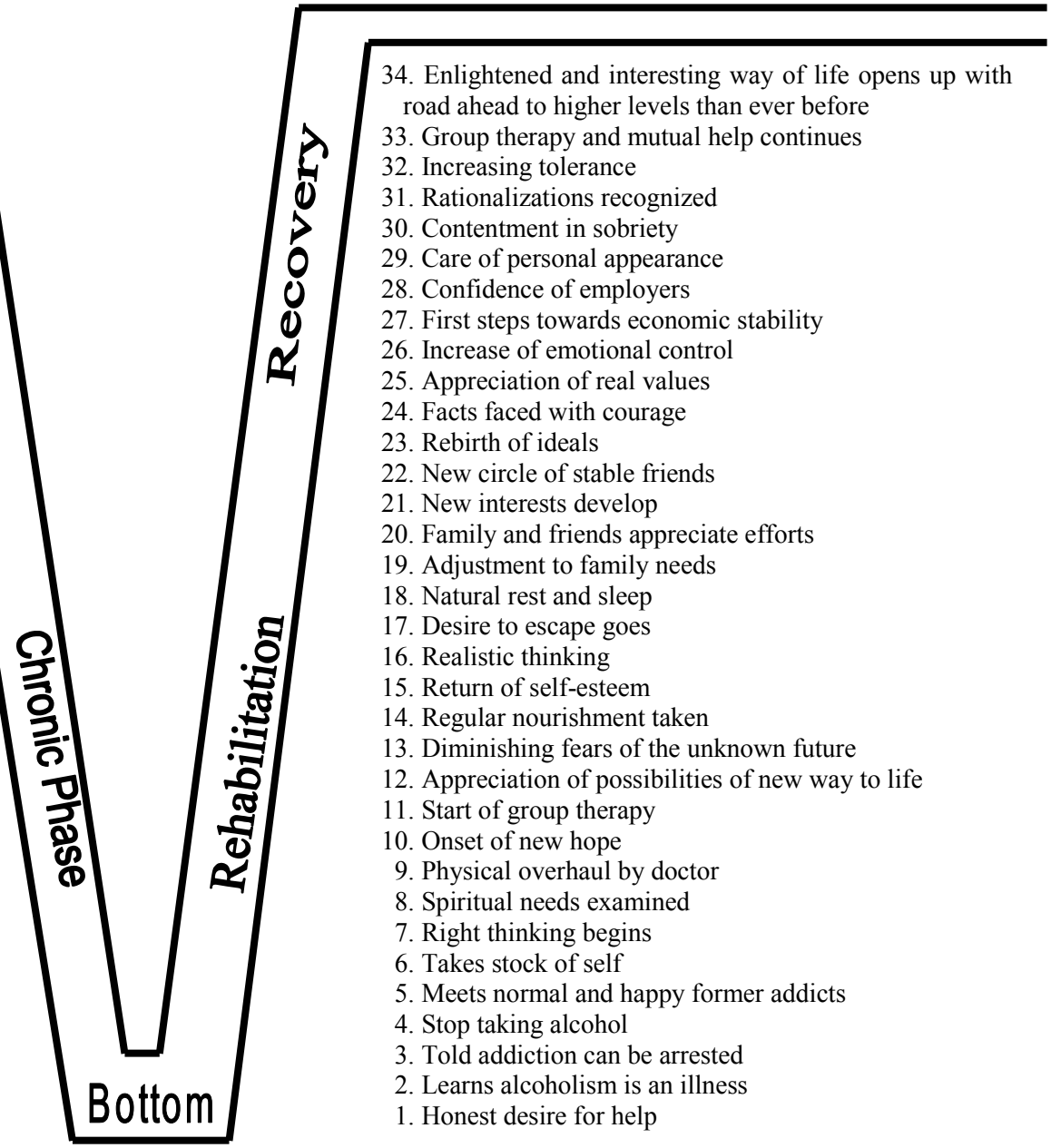
The Progression and Recovery of the Alcoholic in the Disease of Alcoholism

Progression

1. Occasional relief drinking
2. Constant relief drinking commences
3. Increase in tolerance to alcohol
4. Onset of memory blackouts
5. Surreptitious drinking
6. Increasing dependency on alcohol
7. "Urgency" of the first glass
8. Feelings of guilt
9. Unable to discuss problem
10. Memory blackouts increase
11. Decrease of ability to stop drinking when others do so
12. Drinking bolstered with excuses
13. Grandiose and aggressive behaviour
14. Persistent remorse
15. Efforts to control fail repeatedly
16. Promises and resolutions fail
17. Tries geographical escapes
18. Loss of other interests
19. Family and friends avoided
20. Work and money troubles
21. Unreasonable resentments
22. Loss of ordinary will power
23. Tremors and early morning drinks
24. Neglect of food
25. Decrease in alcohol tolerance
26. Physical deterioration
27. Onset in lengthy intoxications
28. Moral deterioration
29. Impaired thinking
30. Drinking with inferiors
31. Indefinable fears
32. Unable to initiate action
33. Obsession with drinking
34. Vague spiritual desires
35. All alibis exhausted
36. Complete defeat admitted



Obsessive drinking continues
in vicious circles

34. Enlightened and interesting way of life opens up with road ahead to higher levels than ever before
33. Group therapy and mutual help continues
32. Increasing tolerance
31. Rationalizations recognized
30. Contentment in sobriety
29. Care of personal appearance
28. Confidence of employers
27. First steps towards economic stability
26. Increase of emotional control
25. Appreciation of real values
24. Facts faced with courage
23. Rebirth of ideals
22. New circle of stable friends
21. New interests develop
20. Family and friends appreciate efforts
19. Adjustment to family needs
18. Natural rest and sleep
17. Desire to escape goes
16. Realistic thinking
15. Return of self-esteem
14. Regular nourishment taken
13. Diminishing fears of the unknown future
12. Appreciation of possibilities of new way to life
11. Start of group therapy
10. Onset of new hope
9. Physical overhaul by doctor
8. Spiritual needs examined
7. Right thinking begins
6. Takes stock of self
5. Meets normal and happy former addicts
4. Stop taking alcohol
3. Told addiction can be arrested
2. Learns alcoholism is an illness
1. Honest desire for help