

# LOOKING AT TREATMENT FOR ALCOHOLISM

By Patricia Callahan, M.A., C.R.C.  
Alexander Boros, Ph.D.

Illustrator: Julie B. Erwin





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Kent State University  
Kent, Ohio 44242  
1988





## ACKNOWLEDGEMENTS

As in any book that took over two years to complete, many people made valuable contributions to the final product. We want to give special thanks to William Worth, Executive Director of Region Ten Council on Alcoholism in Akron, Ohio. He understood, from the beginning, the importance of this book and provided a steadfast commitment to its completion. Members of the Region Ten Council, representing all walks of life, provided valuable comments when the early drafts of the book were presented to them at council meetings. Janet Hawkes, Educational Director for Region Ten Council on Alcoholism, furnished invaluable insights for the designing of pictures and wording of statements on a number of picture-idea pages. Doug Wentz, coordinator of prevention program for NEORCA, evaluated the picture-ideas for clarity. Craig Hartmann offered advice on core concepts usually used in alcoholism treatment programs. A special thanks to various colleagues around the country whose suggestions make this book useful to treatment programs outside of Ohio as well.

AID staff made contributions to the production of this book in a number of ways. Patty Callahan did all the research on determining which statements were to be considered for each picture-idea page. She also supervised the drawing and assembling of all pages into the final form of the book. Sue Adams made valuable comments on the content of the statements that were based on her ten years of assisting treatment programs throughout Ohio. Margaret Kash reviewed

each statement for clarity. Wendy Strickland assisted in simplifying the language in order for the book to reach a broader readership. Julie Erwin created all the artwork and made valuable suggestions on changing awkward wordings and phrases in many statements used in picture-ideas. She also field tested picture-ideas in middle and high schools in Northeast Ohio.

The methodology of picture-ideas used in Looking at Treatment for Alcoholism was developed and first used by Alex Boros in the Twelve Ideas for My Improvement. The format and layout of picture-ideas was previously tested with clients in the book Looking at Alcohol and Other Drugs.

All three of these books were designed to be used together or separately. Funding for all three of these books came from the Ohio Department of Health, Bureau of Alcohol Abuse and Alcoholism Recovery.

Alexander Boros, Ph.D.

*Project AID is not affiliated with Alcoholics Anonymous.*

## INTRODUCTION

There are many excellent books on treatment of alcoholism. We are all aware of the distinct advantages of verbal language to store cumulative experiences as abstractions for future shared use. Verbal language has disadvantages as well. Words segment events. Words stem from past experiences. Verbal thought is from the past and resists newness. Therefore, every ongoing event is constantly being compared to some prior experience through its use (Forest, 1981).

Looking at Treatment for Alcoholism does not replace the many well-written books on alcoholism. Instead, this book is intended for persons who can benefit from reading-enhancing pictures. Imagery is used to help the reader learn by presenting new experiences pictorially. Many of the treatment concepts used in this book involve deeply felt emotions. Such emotions as depression or anxiety can be better pictured than verbally described. Pictures are ideally suited for helping the reader imagine the experiences that are associated with such difficult cognitive concepts as: denial, rationalizing, blaming, and minimizing. Once concepts are visually imagined, they are easier to remember and can better guide future actions.

Pictures can be used to teach people to conceptualize difficult concepts by teaching them to “see” the image that illustrates the word. Visualization techniques have been successively used to develop memory skills (Miller and Van Brocklin, 1986). Realizing the distinct advantages in picturing the difficult concepts of treatment, we followed the teaching principal:

## LOOK TO LEARN LEARN TO REMEMBER REMEMBER AND BE HEALTHY

For more insight into imagery techniques of learning, refer to The Power of Human Imagination (Singer and Pope, 1978).

In order to assure that images provide the appropriate guidance expected in treatment of alcoholism, we have used picture-ideas throughout this book. Words are held at a minimum so that the picture does most of the telling. The picture-idea combines the “focus” of words and the “experience-simulation” of pictures on the same page. A picture-idea is made up of two components: (1) a statement about a major concept at the top of the page; and (2) a picture below it which depicts the meaning of that statement. The picture-idea is designed to help the reader remember important information. Each picture-idea page is a visual cue for helping the reader remember other related facts. With repeated practice, the reader can associate many other facts and experiences with each picture-idea.

Once pictured in the mind of the reader, each new idea will be easier to remember. Remembering concepts of treatment is important for recovery from alcoholism. For example, the key concept Denial is pictured on page 17 showing a woman lying to herself about the excessive use of alcohol, despite the confrontation of an observer. Once the concept is remembered, the

reader can imagine other scenes that may be more personally relevant. The picture-idea now becomes grounded in the personal experience of the reader and will be more readily remembered. With remembrance, new behavior is easier to instill. Also, a counselor or teacher working with the person can elicit more discussion by referring to the stimuli of the original picture-idea.

To help the recall process, there are discussion pages arranged in each chapter to help the reader check on understanding of picture-ideas up to that point. There are four sets of discussion questions on the page with accompanying visual reminders labeled in small letters (for example, a,b,c,d). These questions not only test recall of important information, but also provide a springboard for discussion and learning which go beyond the specific picture-ideas illustrated. For instance, see the discussion questions on page 29 that asks the reader about the first three steps of A.A. The reader can add his or her own private scenes to these illustrations for more personal meaning.

All **bold-faced** words in the picture-statements are defined in the glossary. The reader may like to learn the full dimensions of these concepts. Each glossary term is listed and page-referenced in the index. Seeing a key-concept used under different circumstances is helpful in recall and subsequent learning.

To help the reader remember picture-ideas, the book generally moves from simple pictures to more difficult ones. Notice the simple statement about sobriety on page 4 and the more difficult concept of alcoholism on page 5.

In order to make this book applicable to a broad readership, we chose pictures that would be understood by everyone. The scenes portrayed are of common ordinary experiences from everyday life. For example, the group of people dealing with the personal meaning of the 1st step of A.A. on page 21 illustrates ordinary men and women at a typical treatment meeting. Similarly, the different ages of people representing twelve step involvement on page 204 is an example of different walks of life as well.

To portray complicated concepts, a composite of several pictures on one page was used. Three illustrations of the concept "powerless" on page 22 help the reader see typical situations that could be encountered by ordinary people. The "Higher Power" is illustrated on page 26 with the composite of a person meditating, speaking at an A.A. meeting, and sharing the fellowship of an A.A. group. With this example, the reader can now visualize other experiences that may be more familiar.

Picture-balloons show what a person is thinking by visualizing the scenes being recalled. On page 45, a woman is depicted to others as a happy person while the picture-balloon reveals her true feelings of sadness. Another example of a picture-balloon is on page 66 that reveals three problems that are making a drinker anxious. The impact of continuous drinking on his mood is revealed on the next page with the same three picture-balloons now made dimmer from alcohol use.

Scenes were pictured to represent important social situations associated with drinking and recovery. The emotion anger was depicted on page 79 as a composite of a person hurting himself, hurting someone else, and destroying property. All of these are likely events in the life of an alcoholic. The reader can and should visualize other personal scenes of the damaging consequences of losing one's temper. Sharing these visual images with another person can help the learning process.

In order to illustrate sequence of events, Arabic numerals are used in different scenes on the same page. For instance, the physical effects of denying anger is dramatized in two sections on page 80. The emotional effects of denying anger are dramatized in two parts on the next page. Both pages indicate time and stage by starting with scene 1 then moving to scene 2.

Picture-ideas can also be used to encourage people to develop positive healthy images of what they can become with learning and help. Chapters X to XV were designed to provide positive guidelines for improved behavior that leads to a more healthy life free from the use of alcohol or other drugs. Holistic medicine emphasizes the importance of "visualization" in the healing process. The final chapter reveals the various support services available for recovery from alcoholism. Thus, the reader has visual reminders that this book ends in a positive mood. These hopeful scenes are to be retained by the reader as images of a healthy future. On the last page, people involved in the recovery process are shown helping each other one day at a time.

The 151 picture-ideas in this book resulted in a two year research of the most fundamental concepts frequently used in the treatment of alcoholics around the country. Obviously, summarizing complex information into a minimum number of picture-ideas is of great value in the learning process. There is less to remember, leaving a more lasting and dramatic impact upon the reader of what was retained in visual form. Other information can be added to these visual-cues for further elaboration of details. A cautionary advice is in order here. This book was designed to help persons remember important information -- not to replace more substantive text books.

We recommend that the reader also use the other picture-idea books developed by the authors:

1. Alexander Boros. Twelve Ideas for My Recovery. Kent, Ohio: Kent State University, 1986. (A picture-idea modification of the Twelve Steps of A.A.) pp. 19.
2. Alexander Boros and Patricia Callahan, Looking at Alcohol and Other Drugs. Kent, Ohio: Kent State University, 1988. (An educational book about the nature and characteristics of alcohol and drug use and abuse with some helpful ideas for a healthy life) pp. 205.

In summary, you can learn the basic concepts used in the treatment of alcoholism by fixing pictures of our statements in your mind. You can also develop a healthier outlook by visualizing constructive information in chapters X to XV. For more information, you can contact:

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with the Disabled  
Department of Sociology  
Kent State University  
Kent, Ohio 44242

#### RESOURCES CONSULTED

1. Forest, E.B., "Visual Imagery as an Information Processing Strategy." Journal of Learning Disabilities 14 (December, 1981):584-586.
2. Gardner, H. Art, Mind, and Brain. New York: Basic Books, 1982.
3. Miller, M. and J. Van Brocklin. "Tips for Enriching Memory Skills." Academic Therapy 22 (Sept. 1986): 91-95.
4. Singer, J.L. and K.S. Pope (Eds.). The Power of Human Imagination. New York: Plenum Press, 1978.

LOOK TO LEARN

LEARN TO REMEMBER

REMEMBER AND BE HEALTHY

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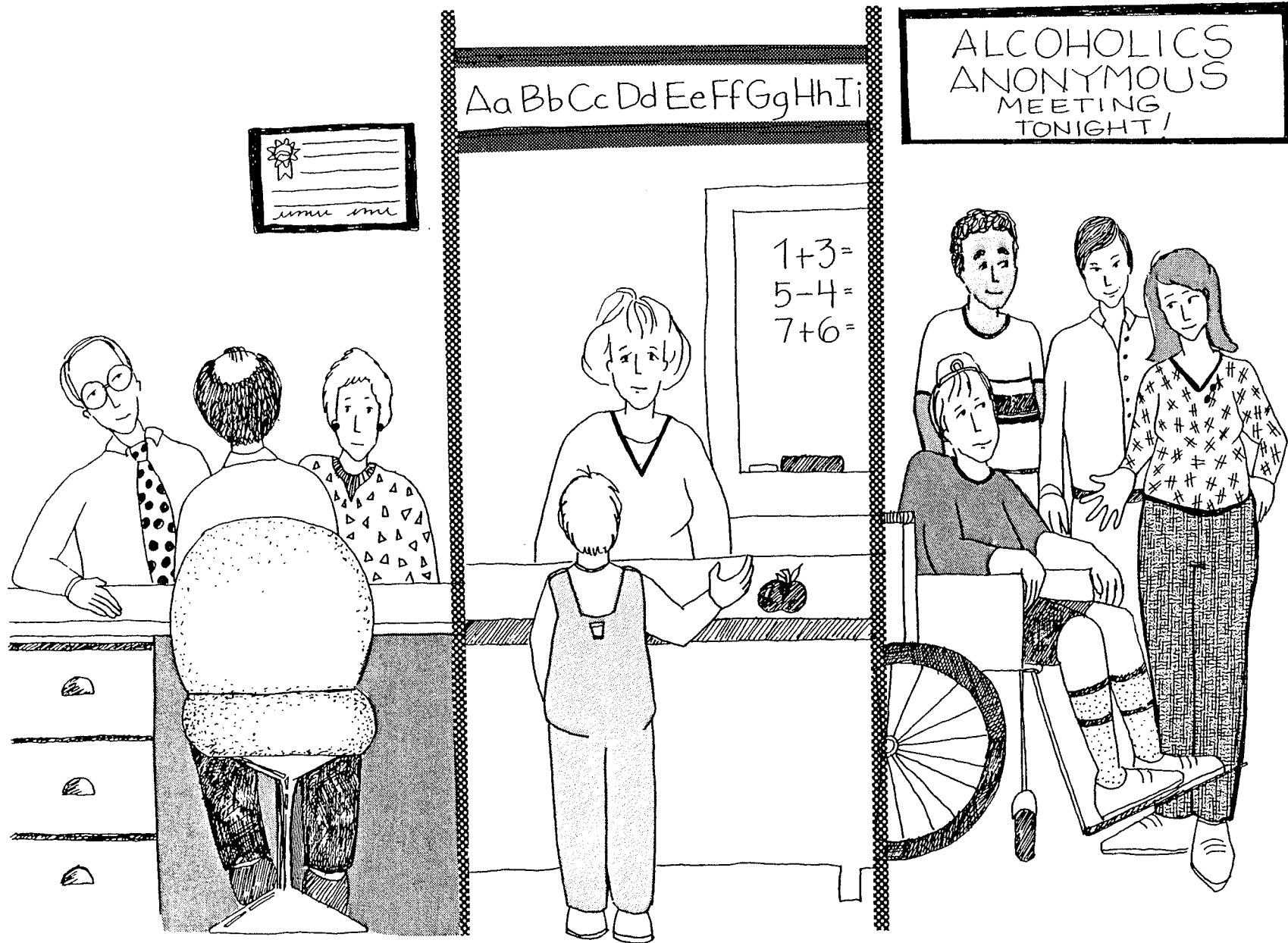




# **I. Introduction To The Treatment Of Alcoholism**

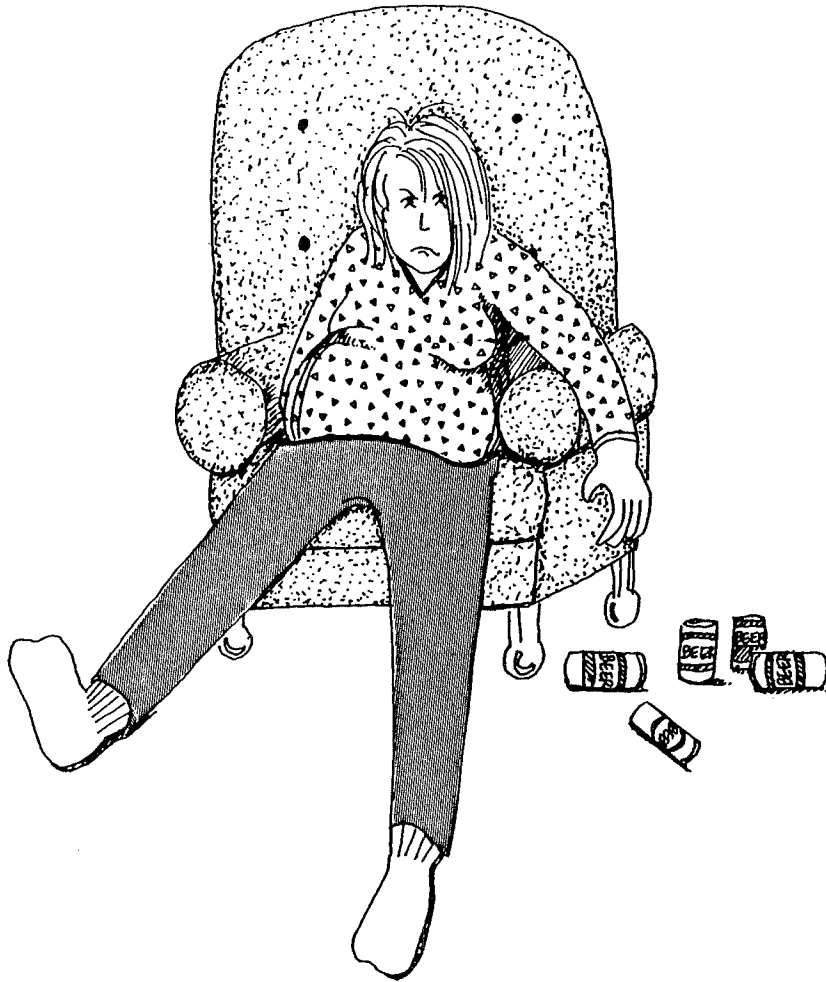


Everyone should know how to get help for alcohol and drug abuse.

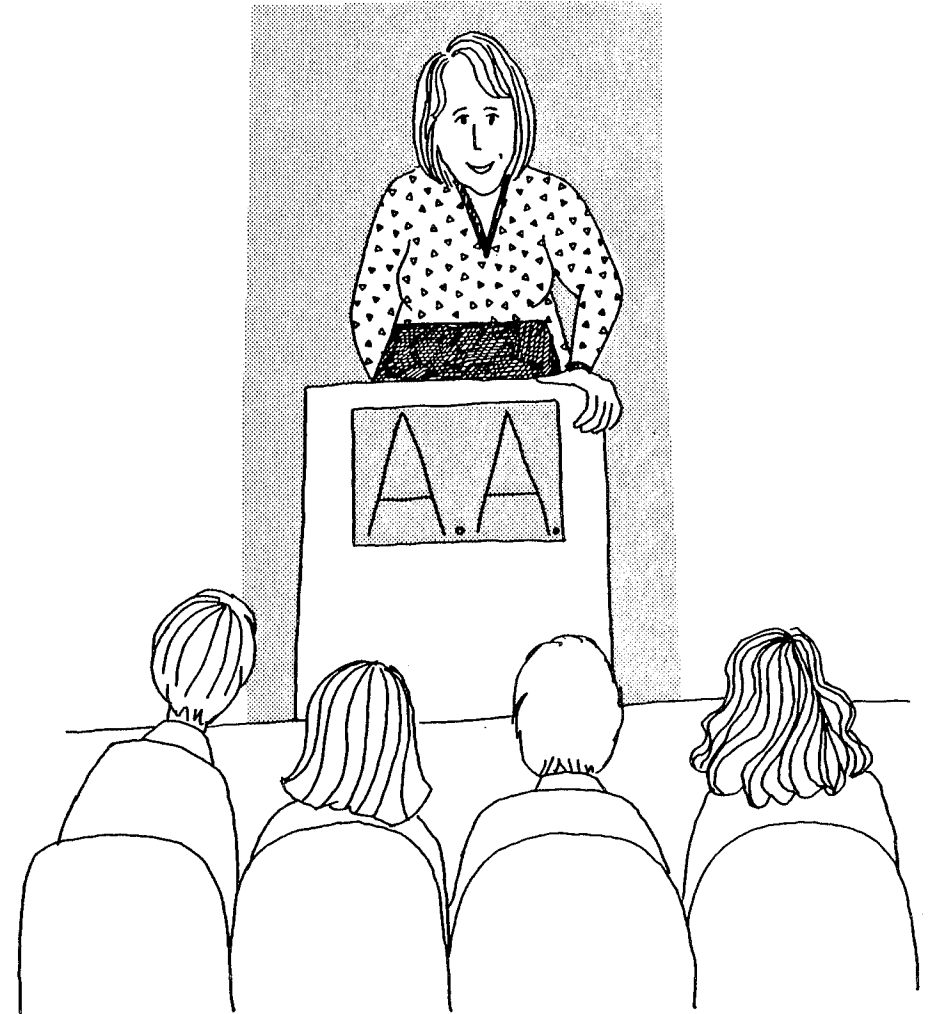


In A.A., being **sober** means that you do not drink anymore.

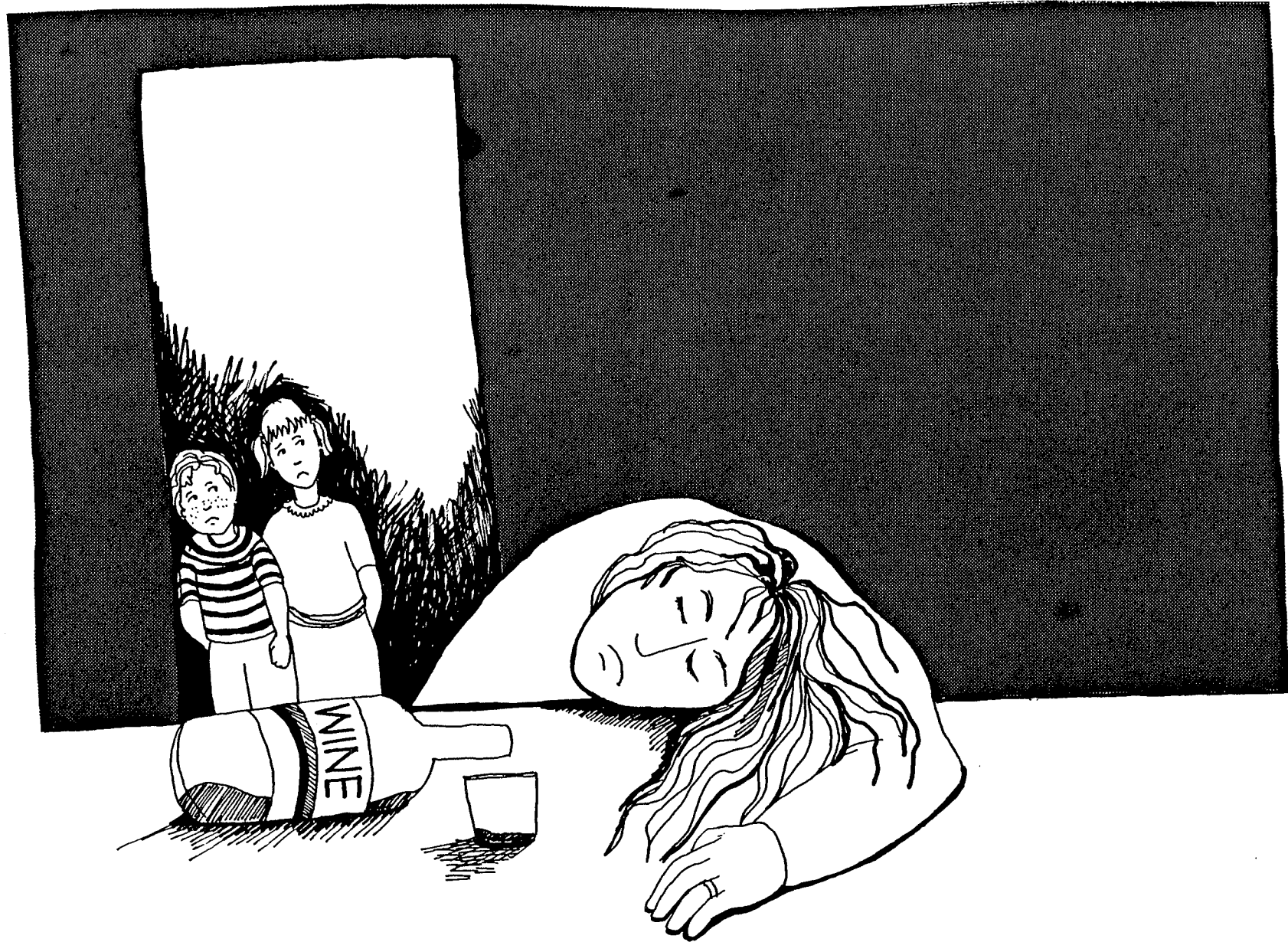
drunk



sober



**Alcoholism** is an illness in which a person cannot control her drinking.

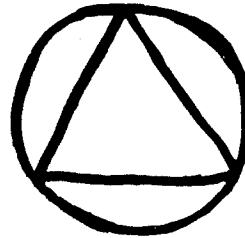


**Recovery** from **alcoholism** means doing what is needed to stay **sober**.

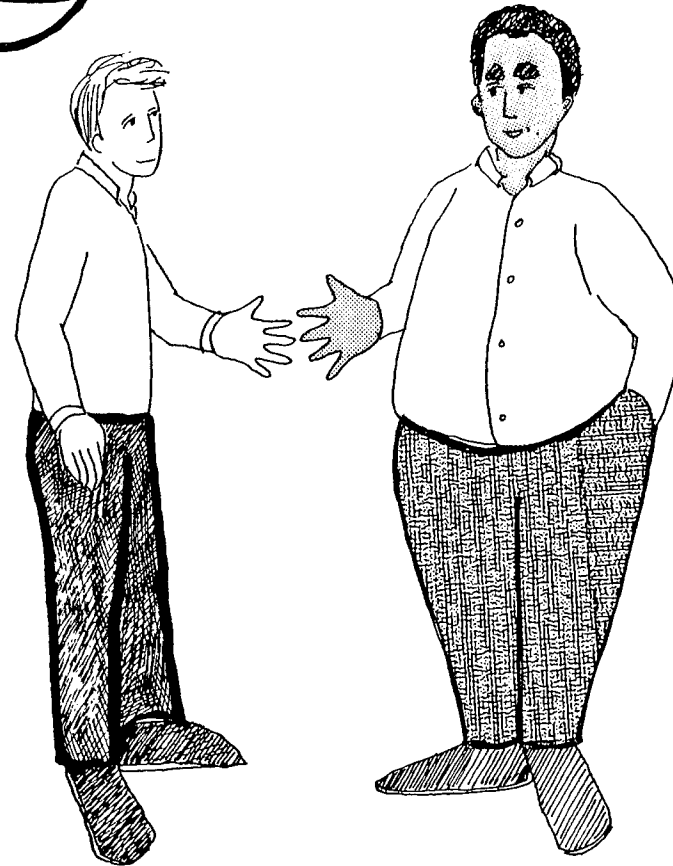
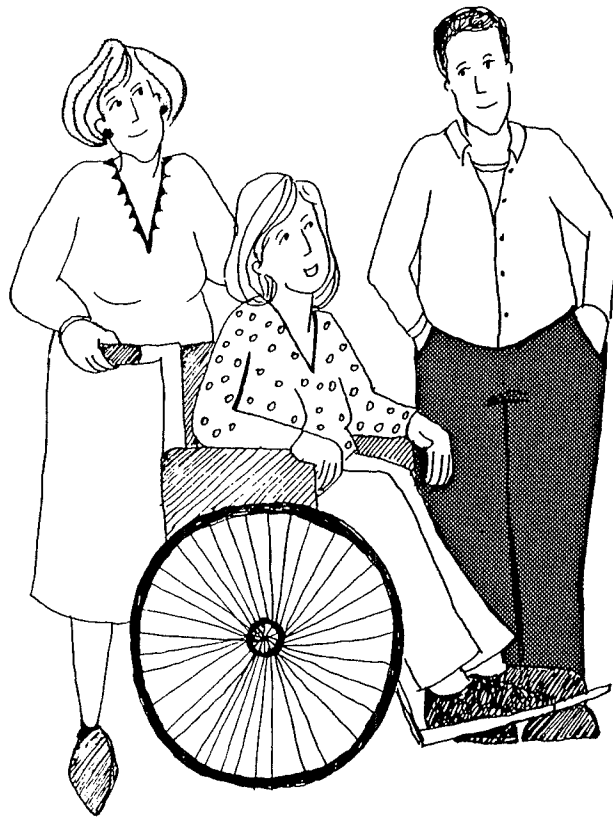


**Alcoholics Anonymous (A.A.)** is a group of recovering alcoholics who can help you with your **treatment program.**

EASY DOES IT



ONE DAY AT  
A  
TIME

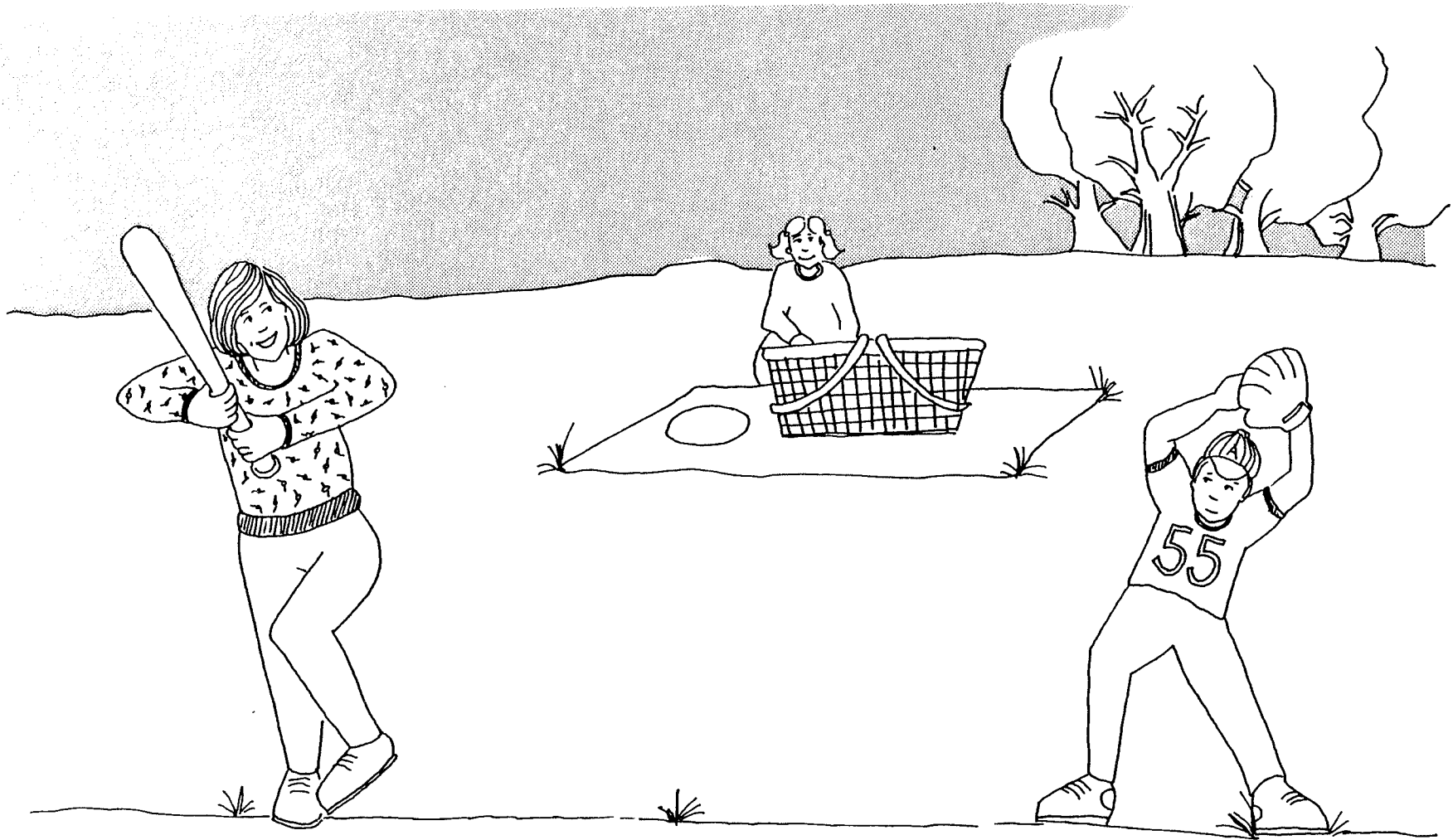


There are **treatment programs** that can teach you how to **recover** from **alcoholism**.





**Recovering** people have happy lives without using alcohol and other drugs.



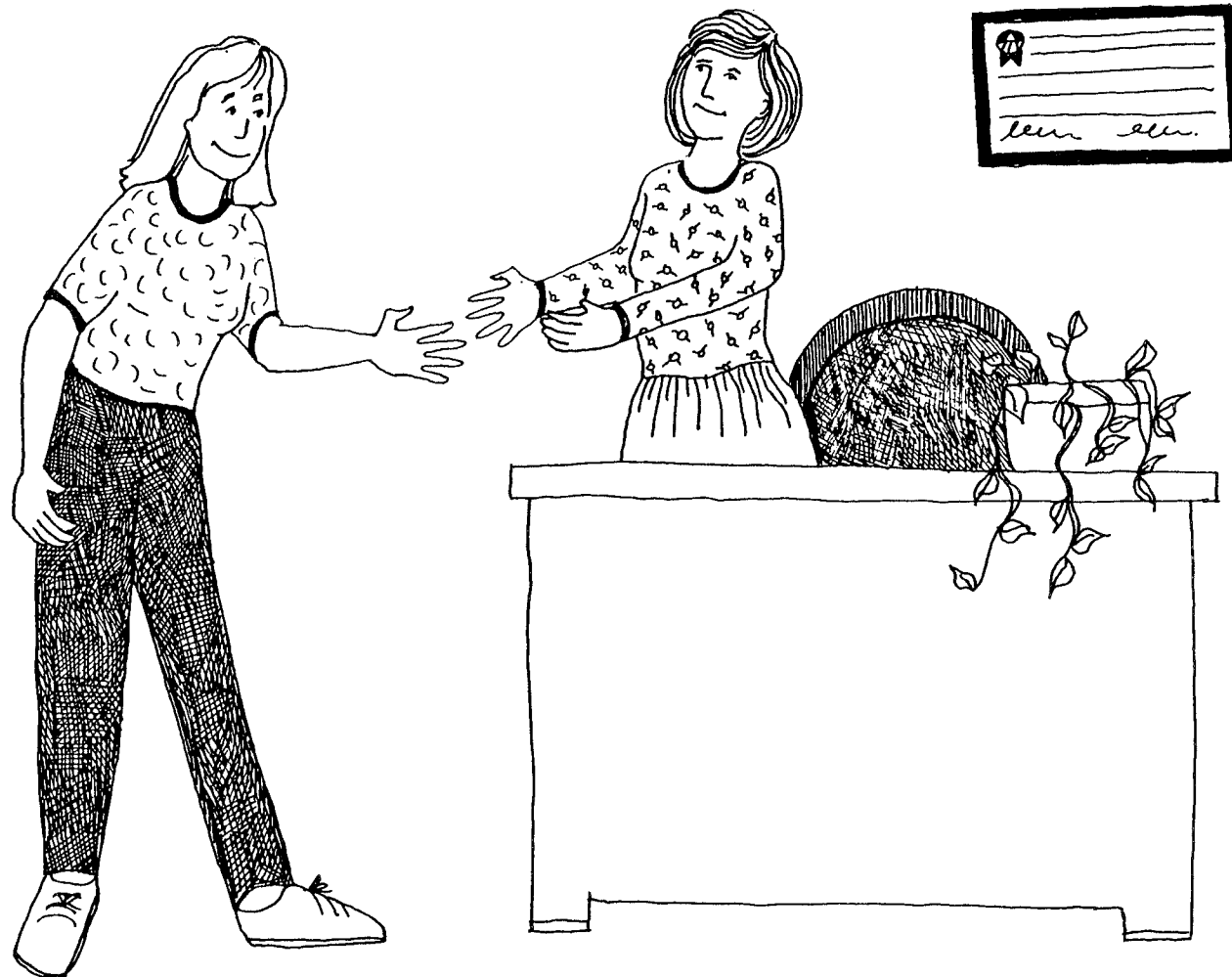
You must believe you are sick to recover from **alcoholism**.



You must believe you can get help to  
recover from **alcoholism**.



You must trust your **treatment program.**



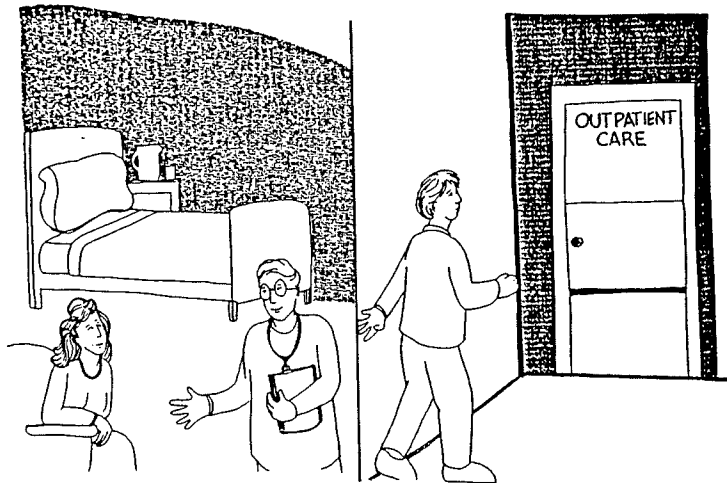
a. What is **alcoholism**? (p. 5)



b. What does **recovery** mean? (p. 6)



c. Where can you go to learn how to **recover** from alcoholism? (p. 8)



d. What must you believe to **recover** from **alcoholism**? (p. 10)





## **II. Recovery — Steps 1, 2, and 3 of A.A.**





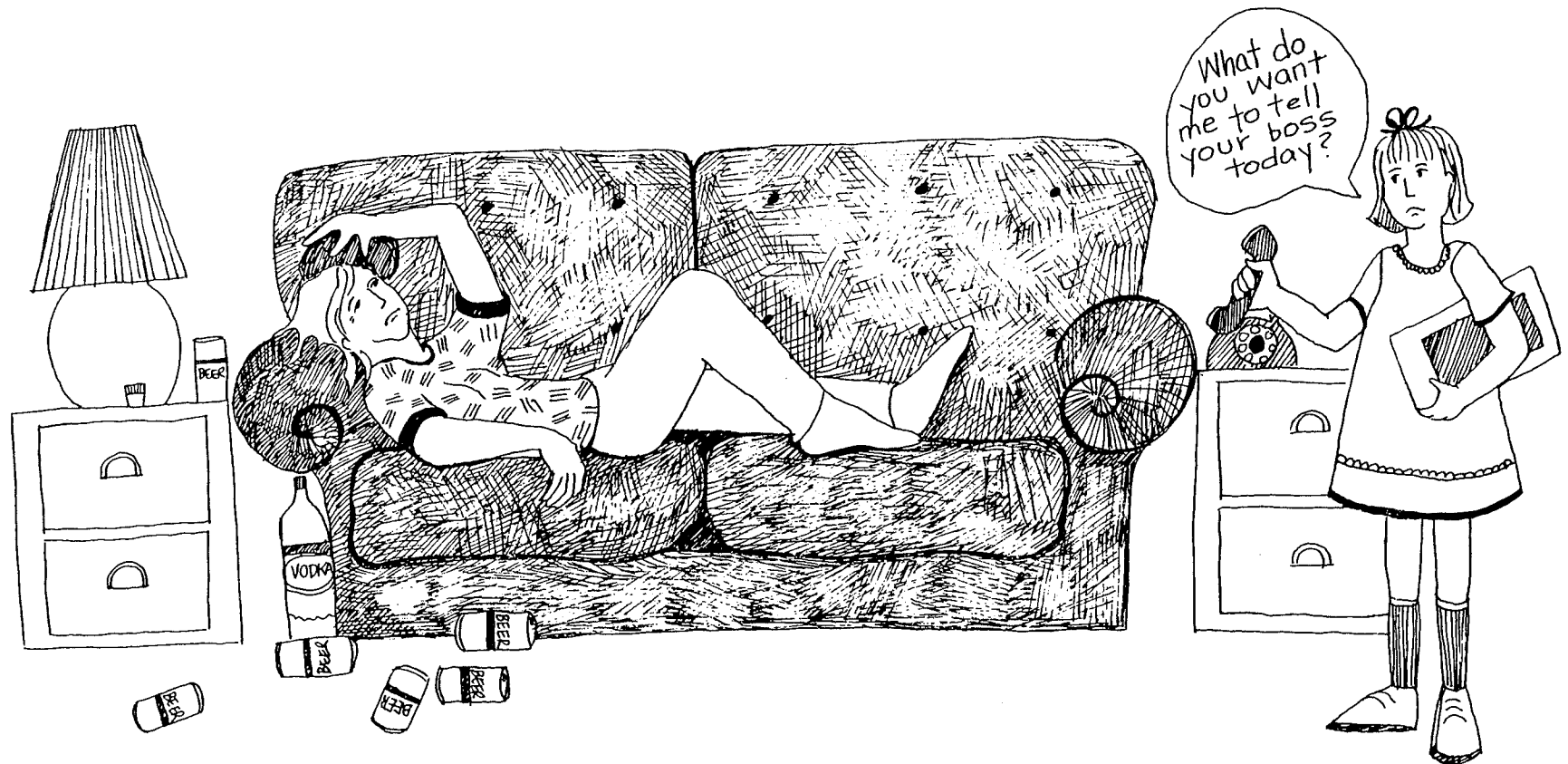
**Denial** is lying to yourself about your  
**alcoholism.**



**Denying your alcoholism** is a symptom of the illness.



You **deny** you are an alcoholic because looking at the truth is too painful.



**A.A.** has 12-steps that can help you overcome your **denial** of being an alcoholic.

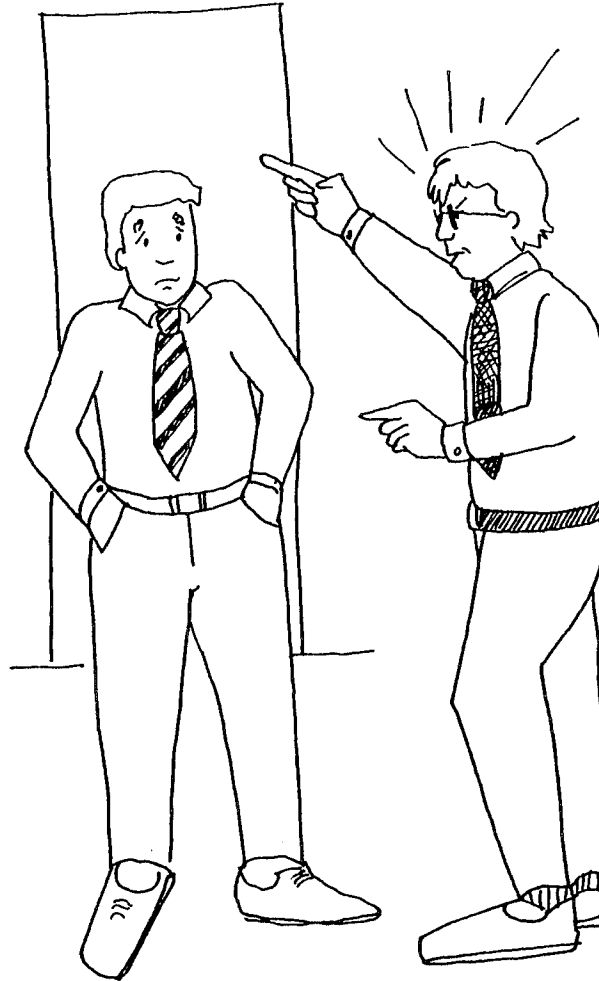


Step 1 of **A.A.** means you admit that you are sick and need help.



Step 1 of A.A.: "We admitted we were powerless over alcohol -- that our lives had become unmanageable."

You are “**powerless** over alcohol” when you give up everything you care about to drink.



Life is “**unmanageable**” when you cannot control your life.

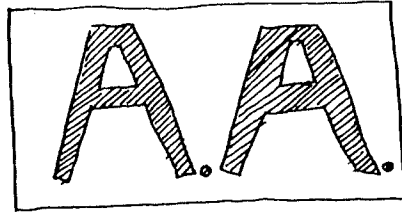


An honest look at your drinking will help  
you see that you are **powerless** and that life  
has become **unmanageable**.



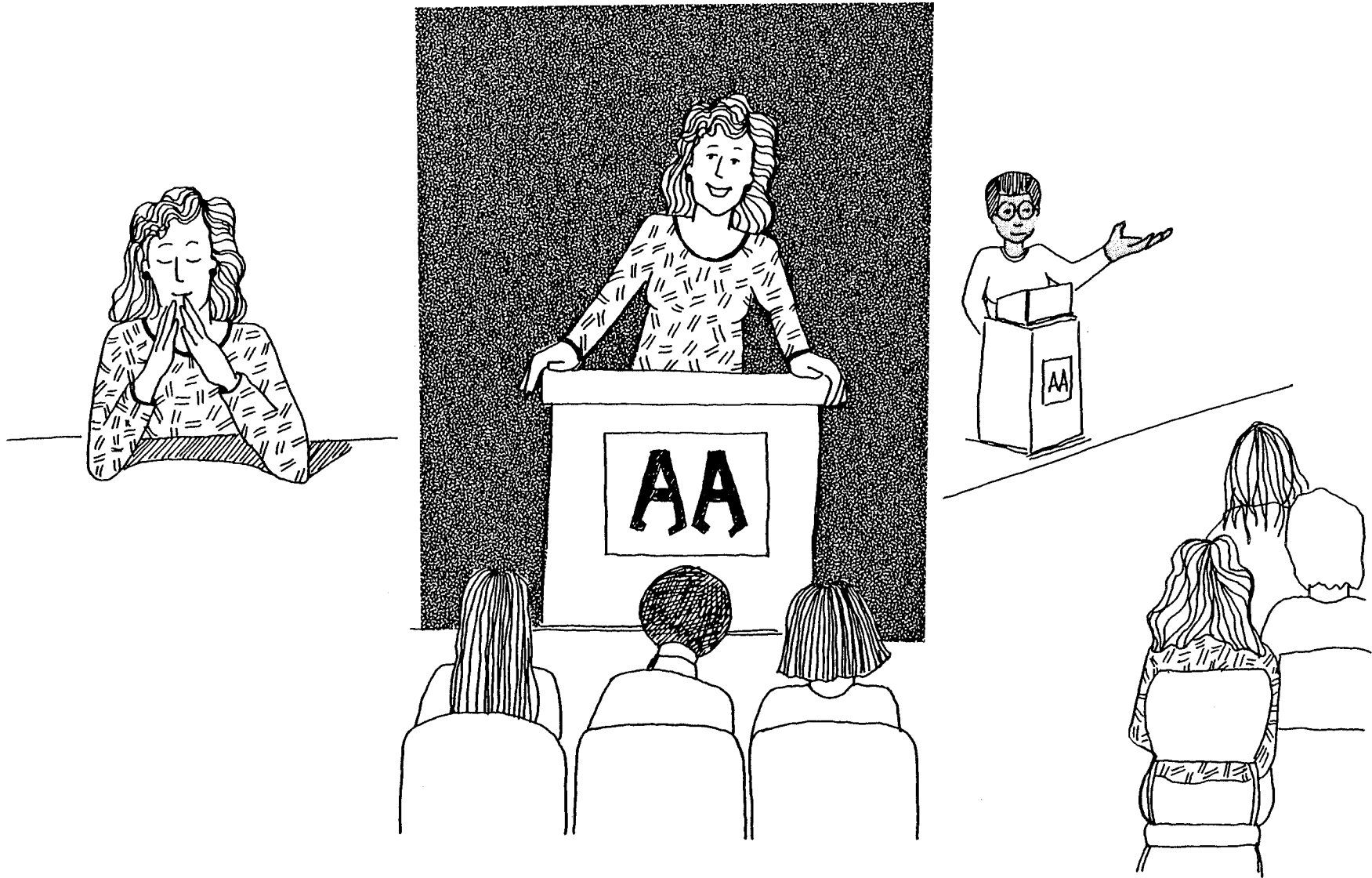


Step 2 of **A.A.** means that you now believe there is a Higher Power who can help you.



Step 2 of A.A.: “Came to believe that a Power greater than ourselves could restore us to sanity.”

**A Higher Power** can be the Power of God,  
the power within ourselves, or the power of  
the A.A. program.



Step 3 of **A.A.** means you will let the **Higher Power** help you.



Step 3 of A.A.: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

You cannot **recover** from **alcoholism** until you  
rely on a **Higher Power**.



a. What is **denial**? (p. 17)



b. What does the 1st Step of **A.A.** mean? (p. 21)



c. What does the 2nd Step of **A.A.** mean? (p. 25)



d. What does the 3rd Step of **A.A.** mean? (p. 27)





### **III. Dealing With Your Feelings**





You have many feelings inside of you.



Many people are taught to hide their feelings.



Alcoholics drink to forget their feelings.



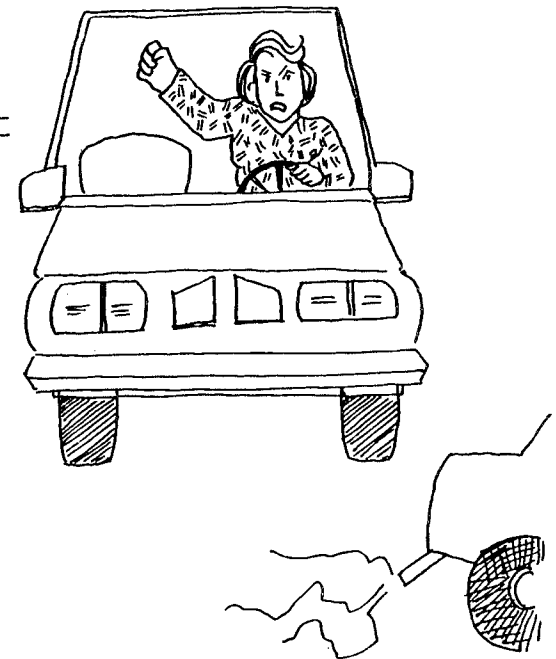
Alcohol may help for a short time but can make you feel bad later.



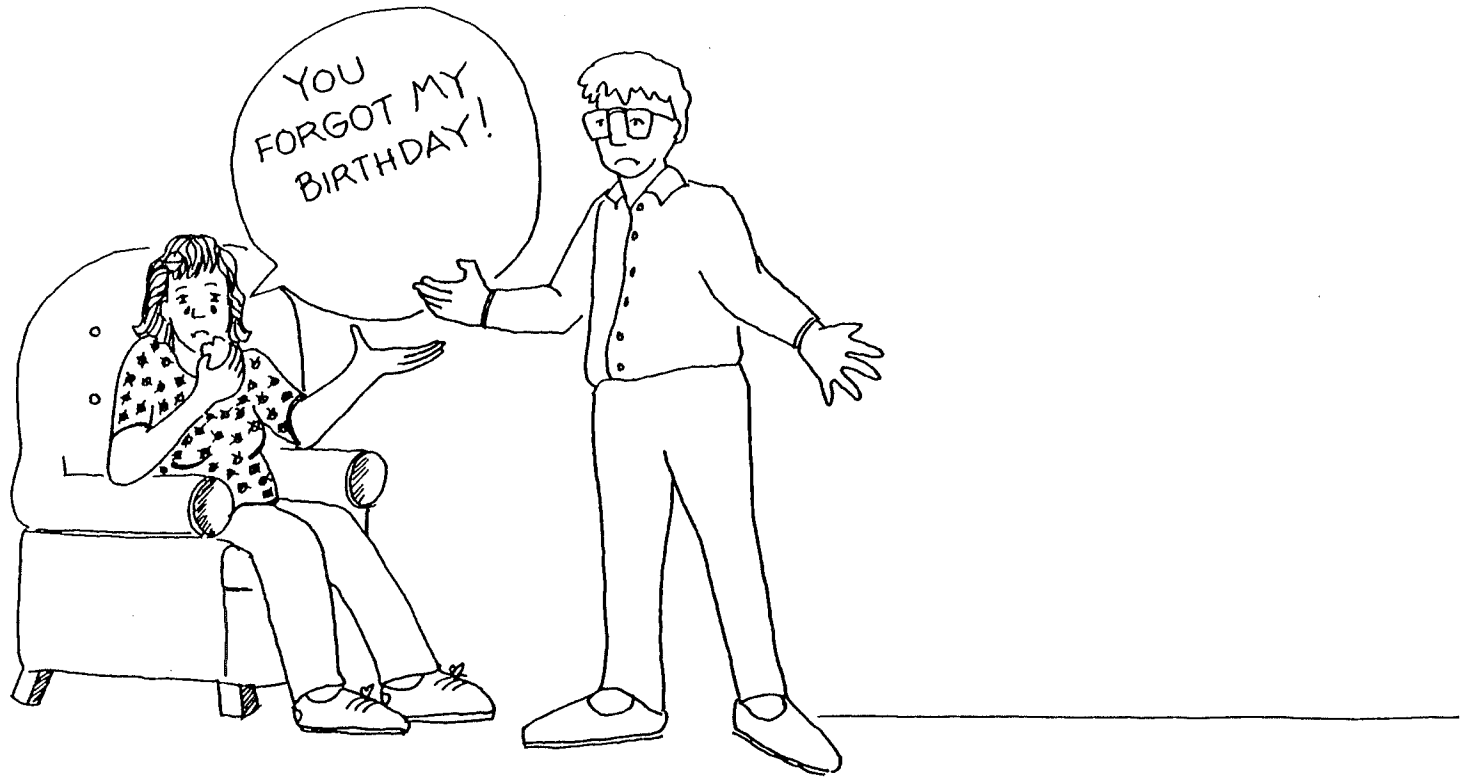
Understanding your feelings will help you  
get to know yourself.



Your feelings change at different times.



You must share your feelings so that people will know what you need.

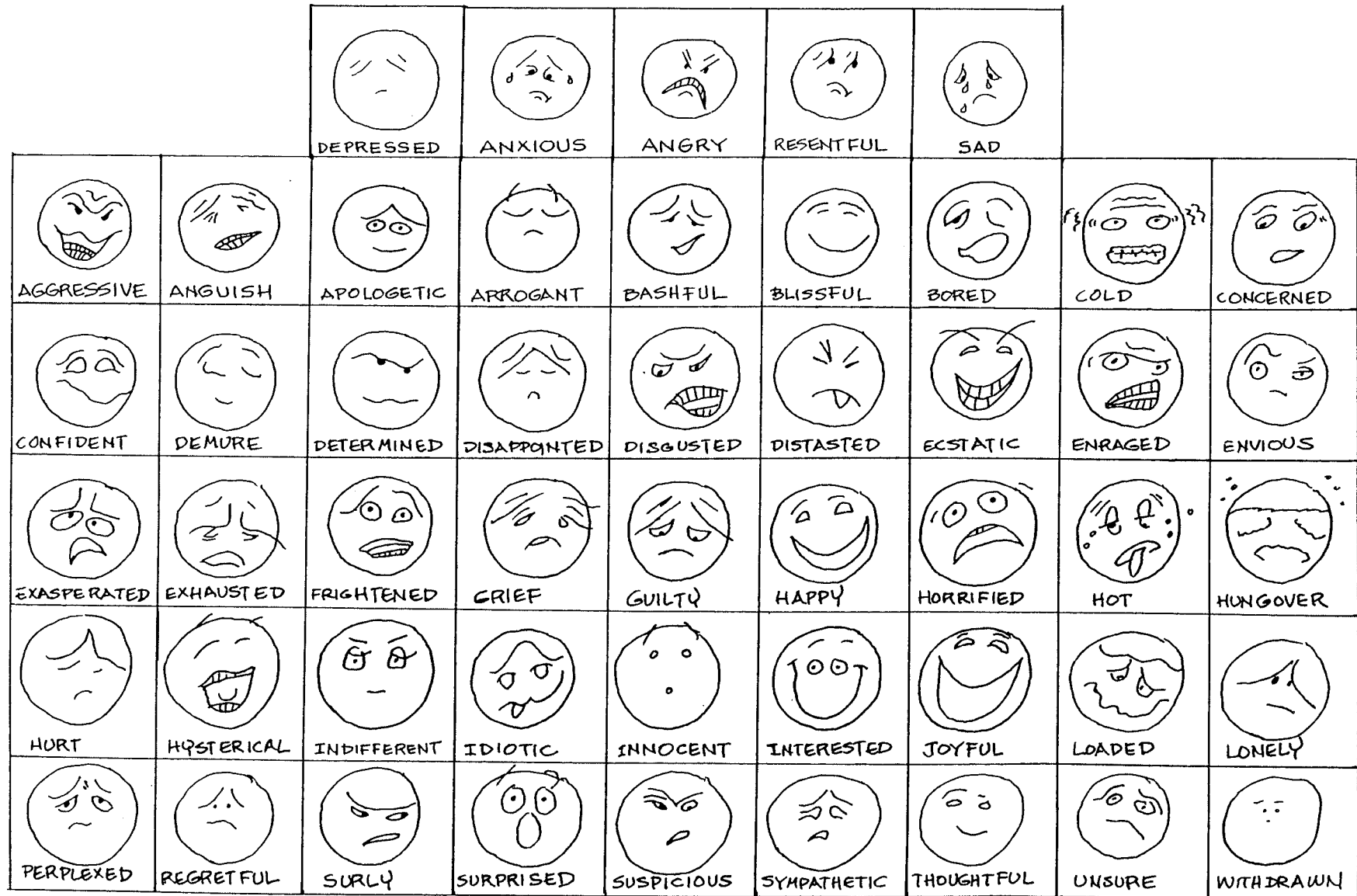


You should not use your feelings to get what you want.

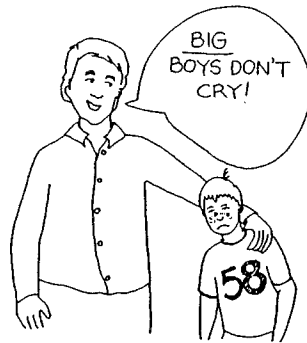




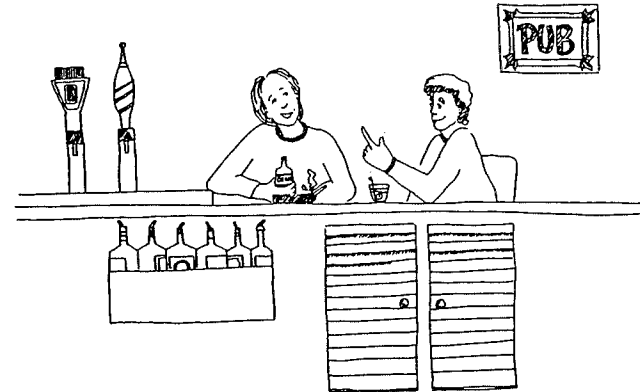
# Which feelings do you hide most?



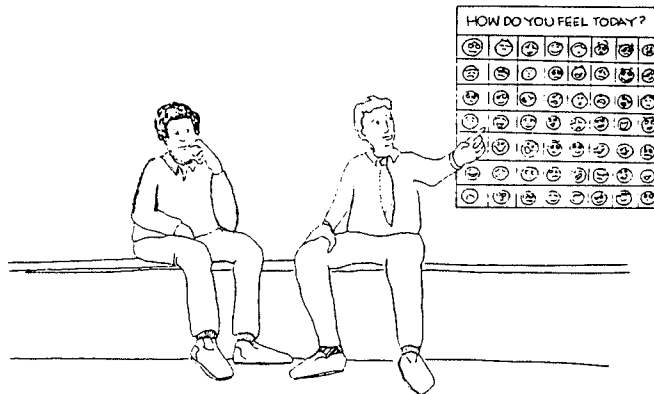
a. What are many people taught to hide?(p. 34)



b. What do alcoholics do to forget their feelings? (p. 35)



c. How can understanding your feelings help you? (p. 37)



d. Why should you share your feelings? (p. 39)



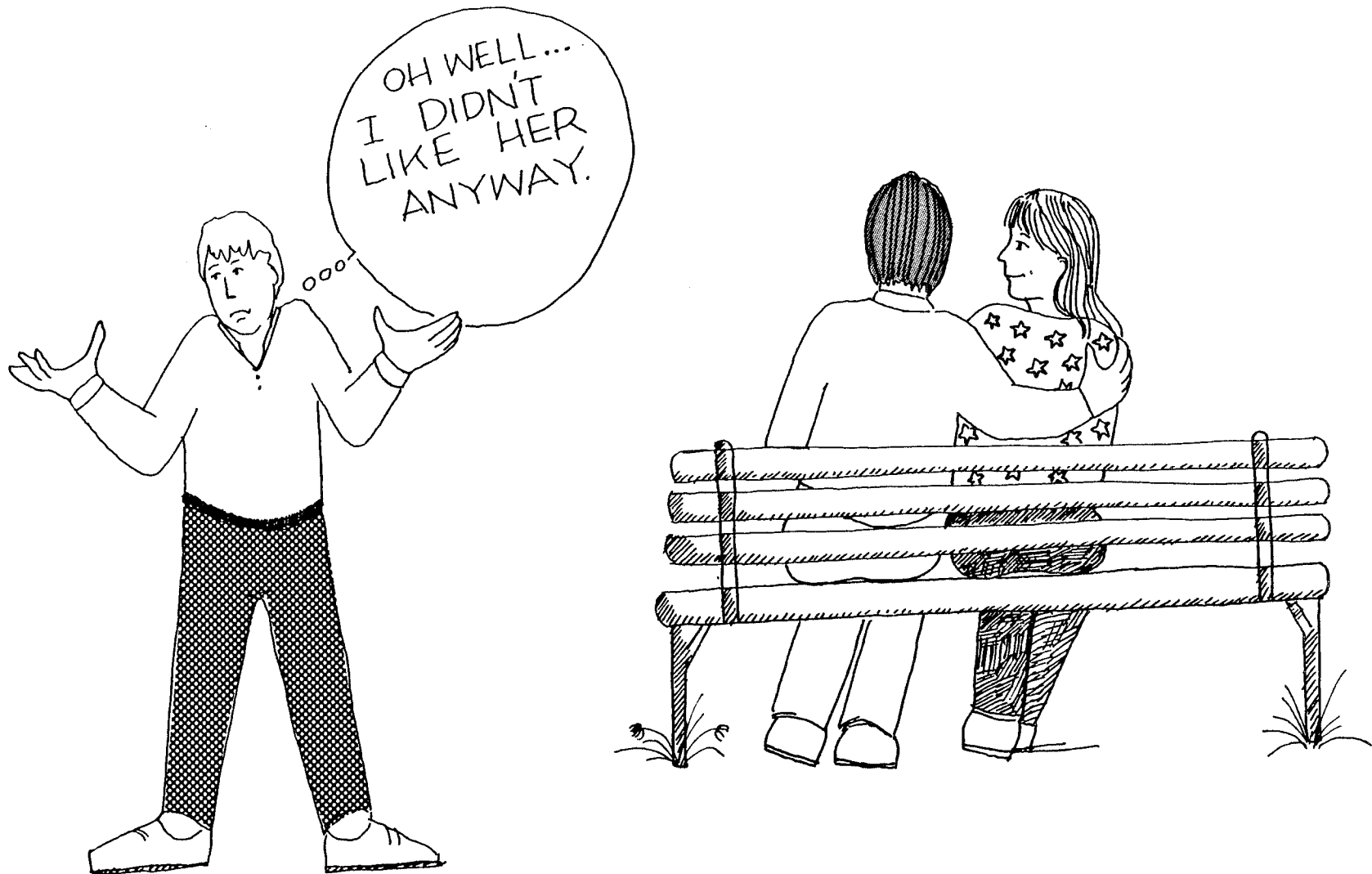
## **IV. Defenses**



People use **defenses** to hide feelings they do not like to have.



**Defenses** can protect you from getting hurt.



Hiding your feelings can cause physical problems.



*sleepiness*

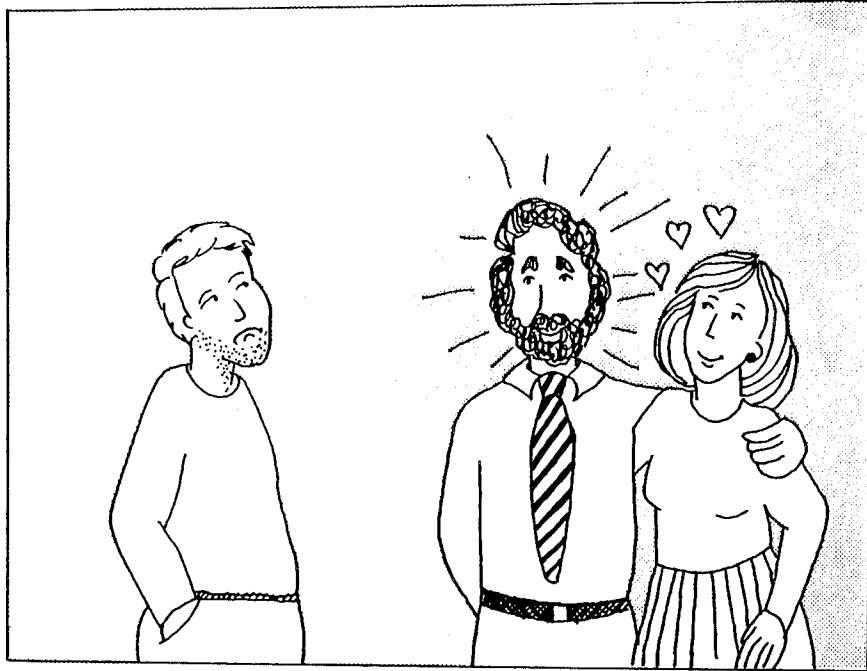


*stomach ache*



*headache*

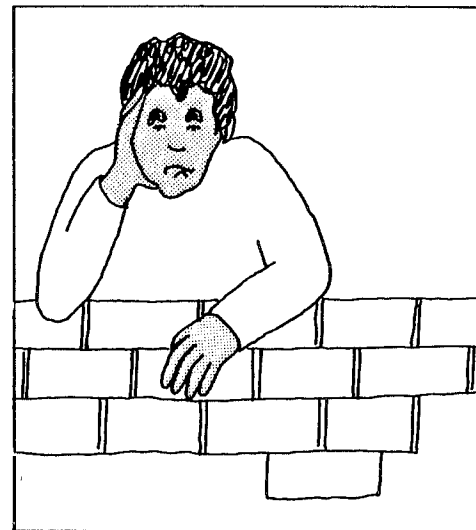
# Hiding your feelings can cause emotional problems.



*resentment*



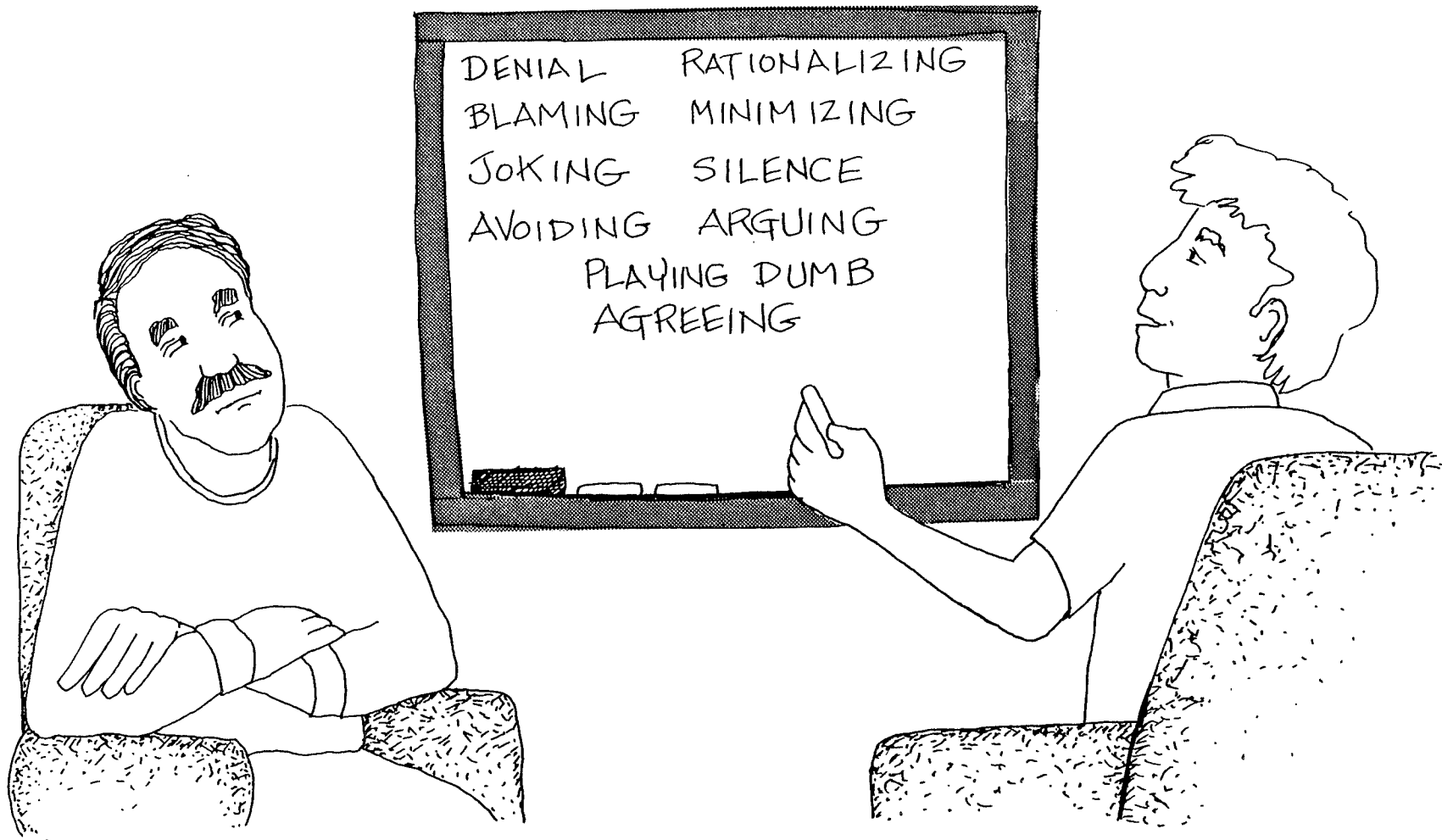
*nervousness*



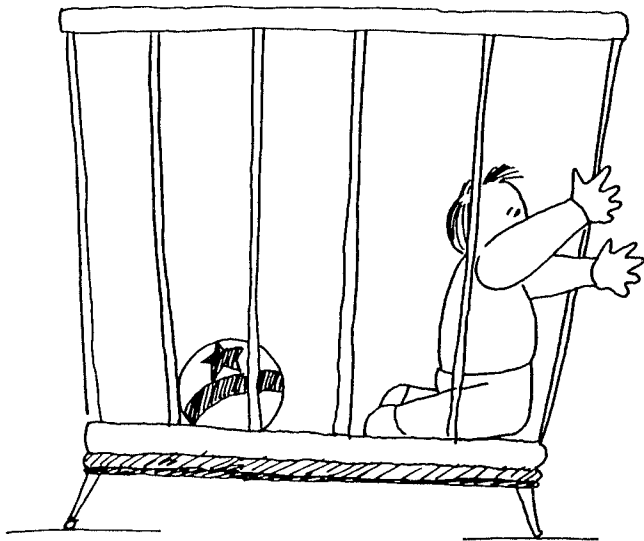
*depression*



People use different **defenses** to escape the truth.



**Denial** is lying to yourself about your drinking.



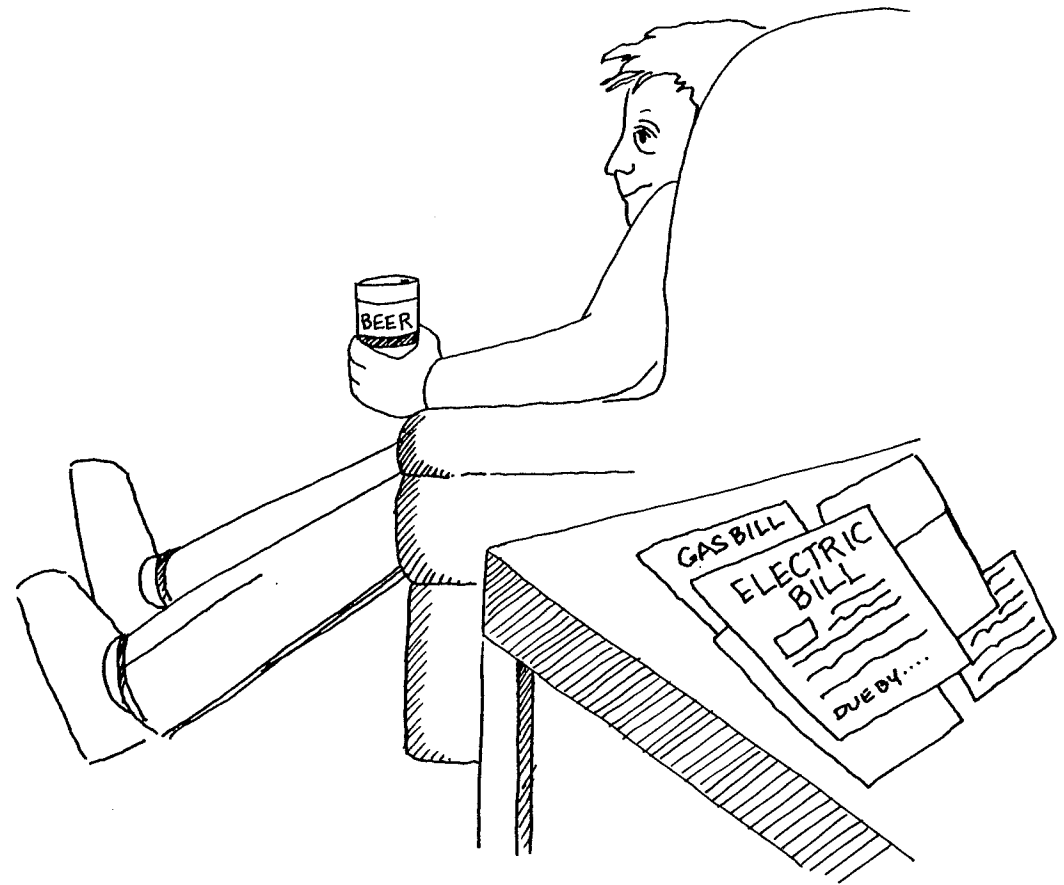
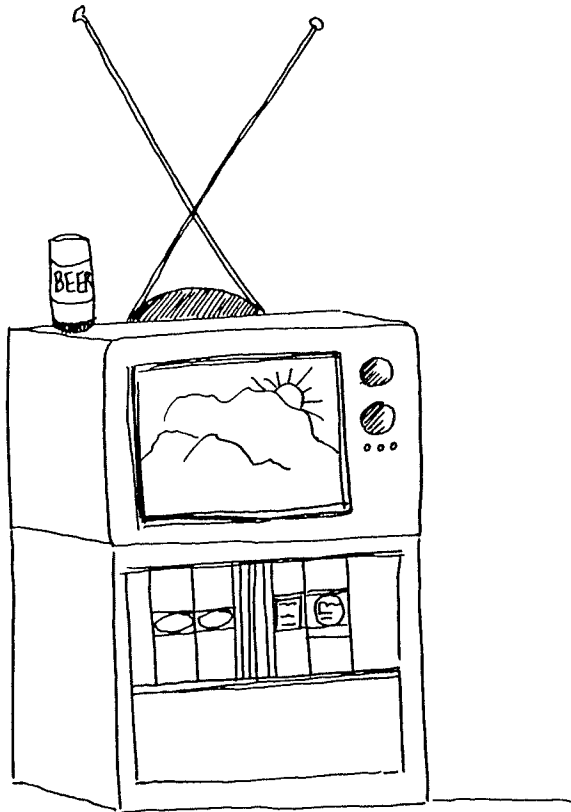
**Blaming** is thinking that other people caused your problems.



**Joking** is making fun of things that really bother you.



**Avoiding** is not thinking about your problem.



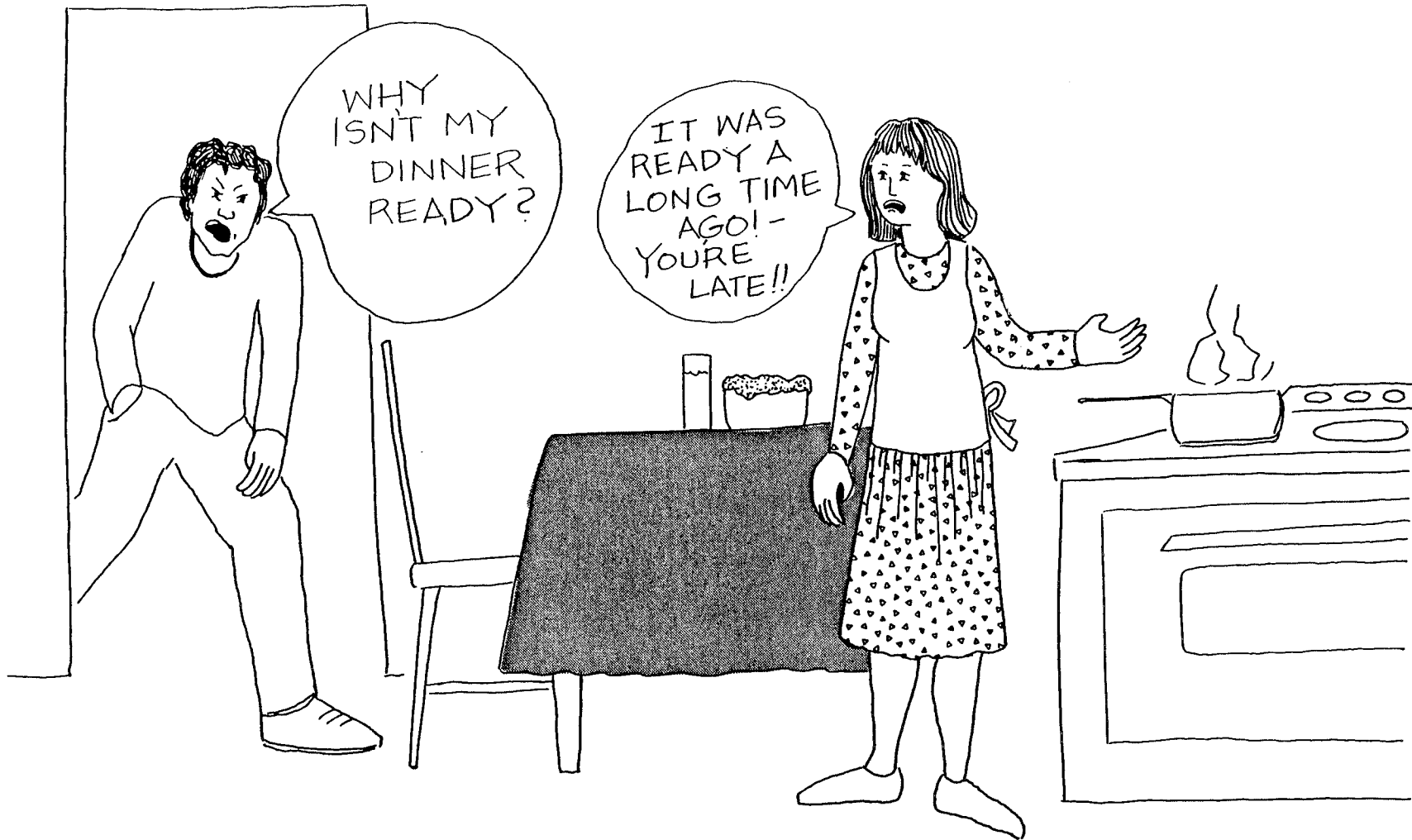
**Rationalizing** is making excuses for what you do.



**Minimizing** is making something less important than it really is.

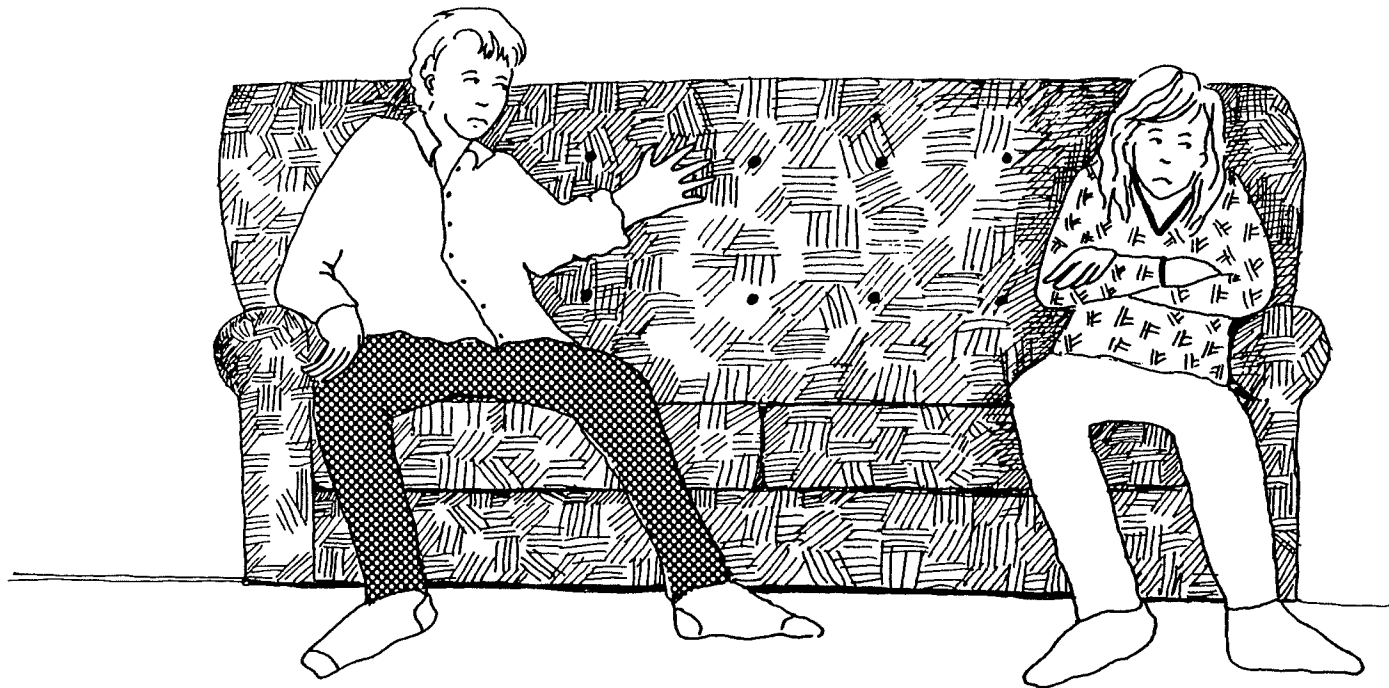


**Arguing** is disagreeing to take attention away from your drinking.





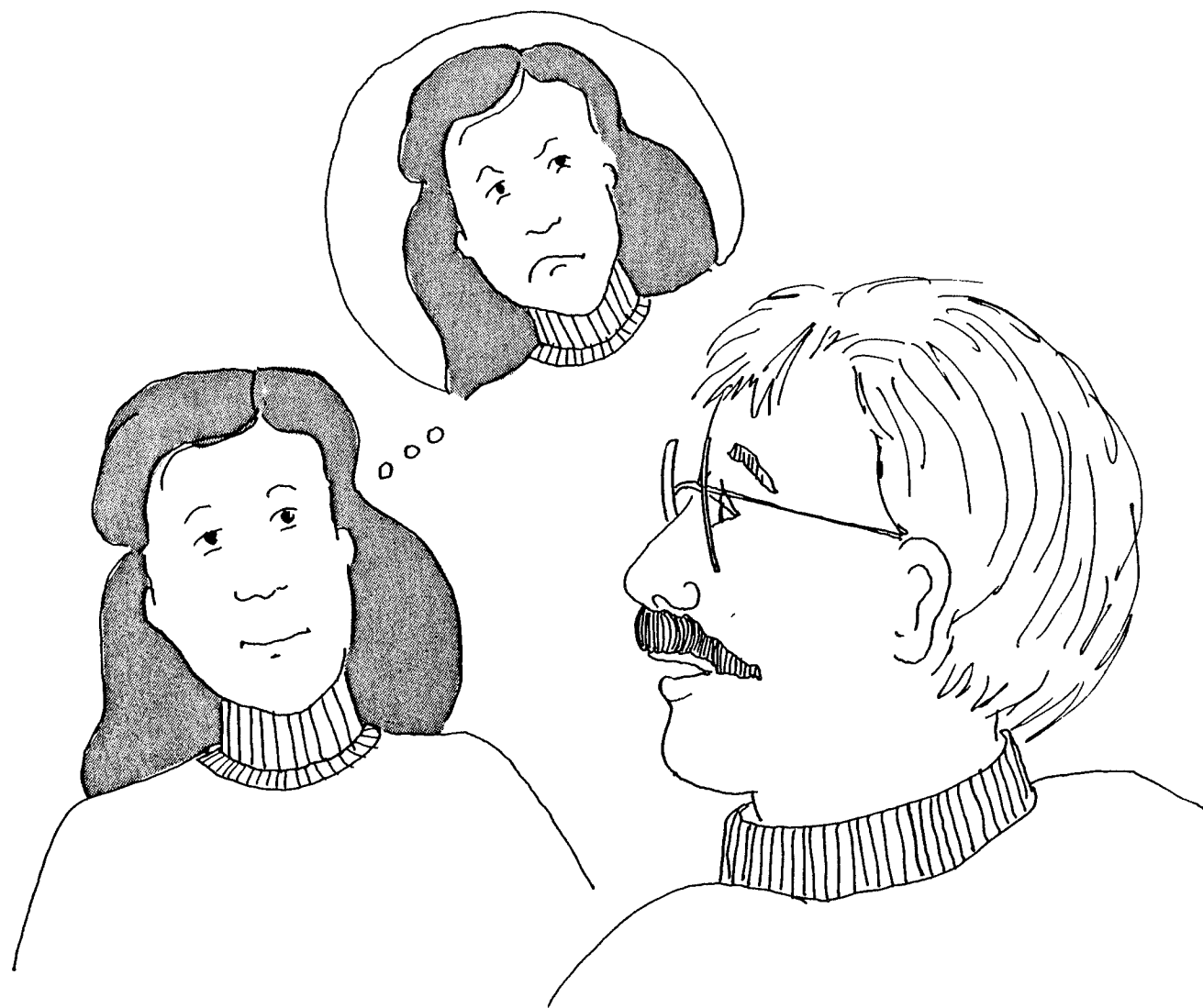
**Silence** is not talking to someone when you are hurt or angry.



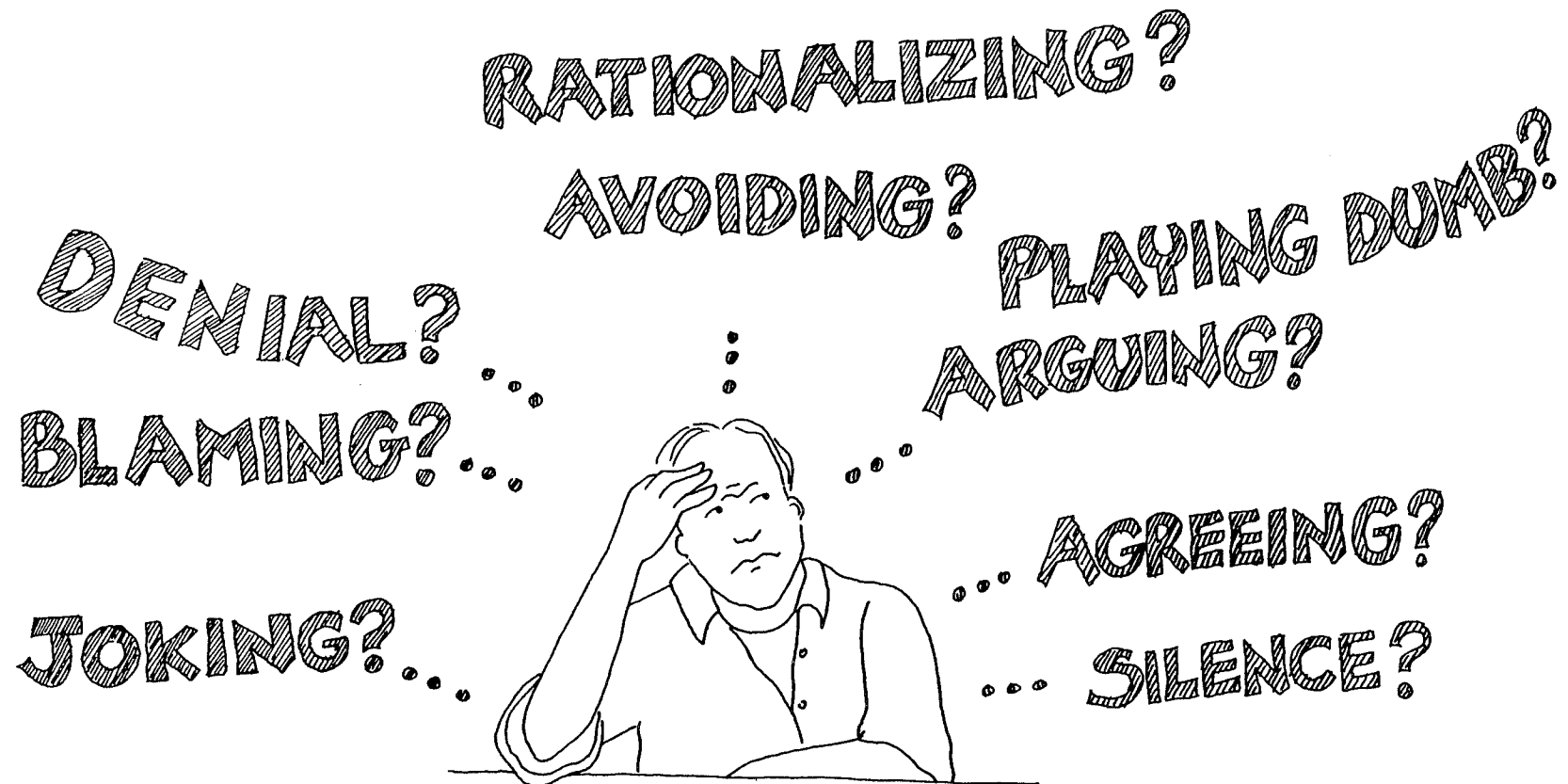
**Playing dumb** is pretending you do not understand, when you really do.



**Agreeing** is saying yes to people just to please them.



What **defenses** do you use most?



a. What do people use to hide feelings they do not like to have or share? (p. 45)



b. Why is **blaming** a defense? (p. 51)



c. Why is **arguing** a defense? (p. 56)



d. Why is **agreeing** a defense? (p. 59)



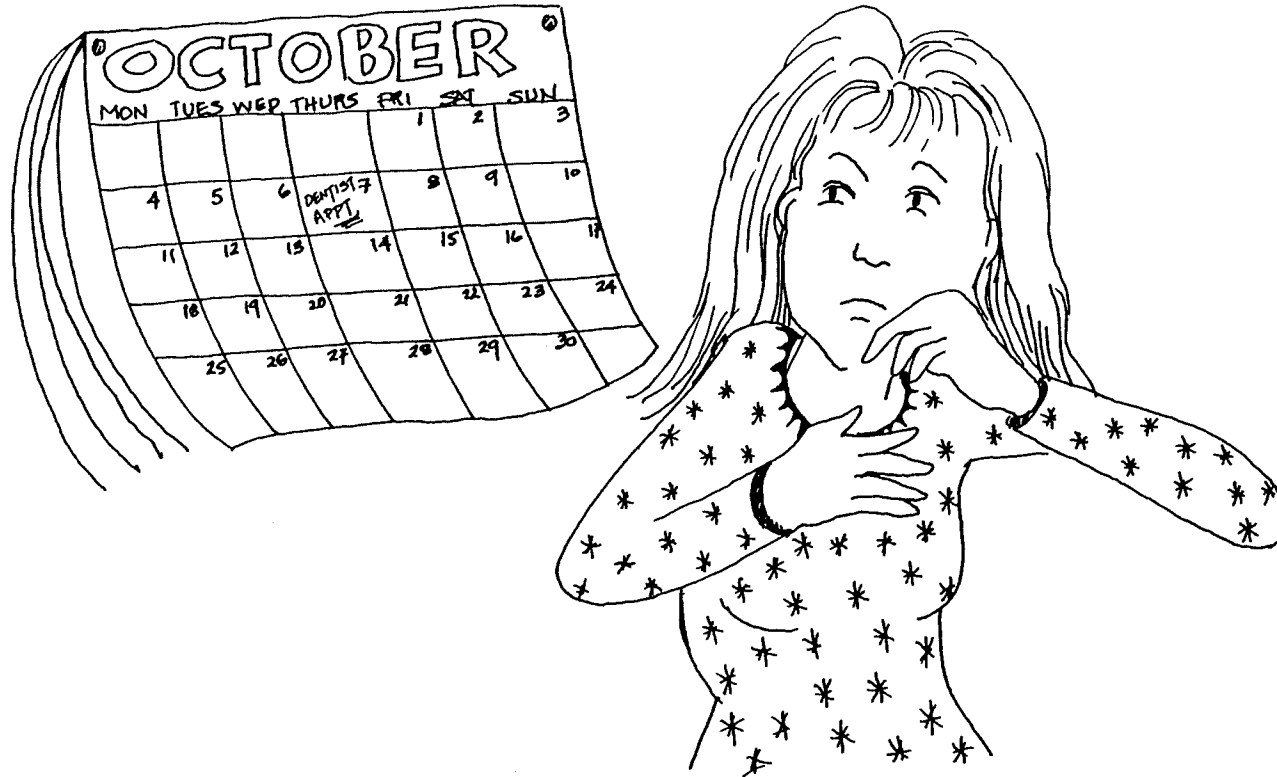


## **V. Anxiety**





**Anxiety** is being afraid that something bad will happen in the future.



The alcoholic often feels **anxious** because he keeps problems to himself.



The alcoholic drinks to feel less **anxious**.



You can reduce your **anxiety** by learning what the physical signs are.



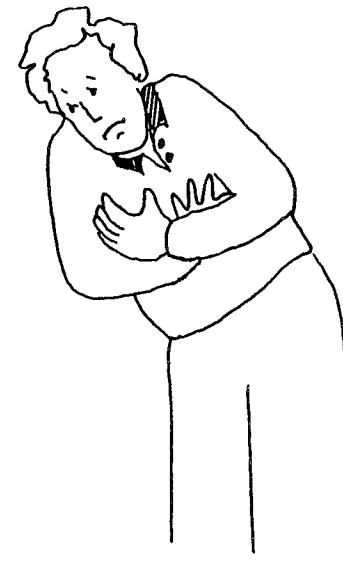
*fast heartbeat*



*shaking*

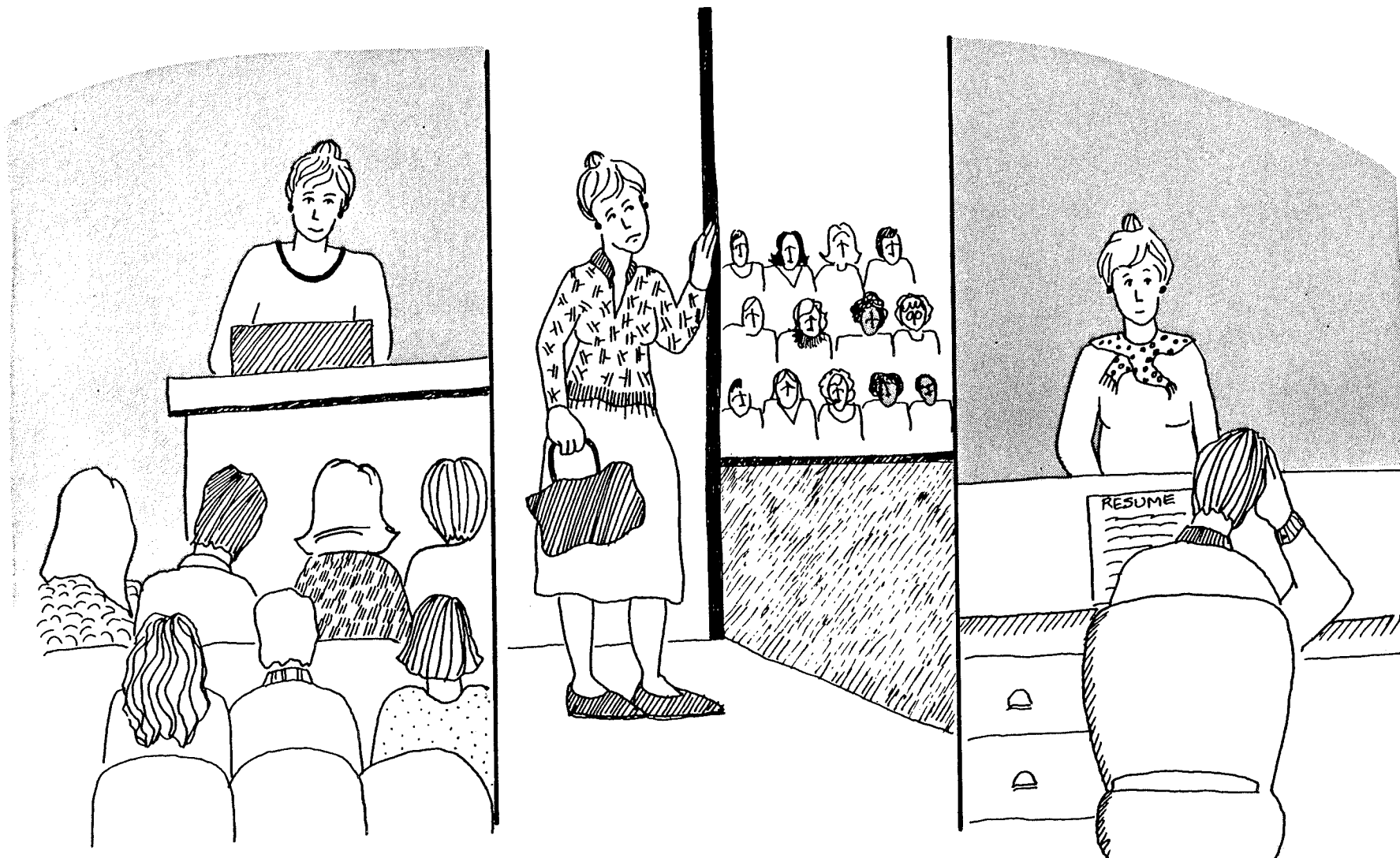


*sweating*



*stomach ache*

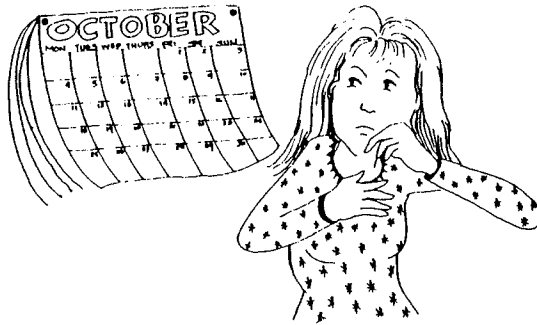
You can reduce your **anxiety** by learning what makes you feel anxious.



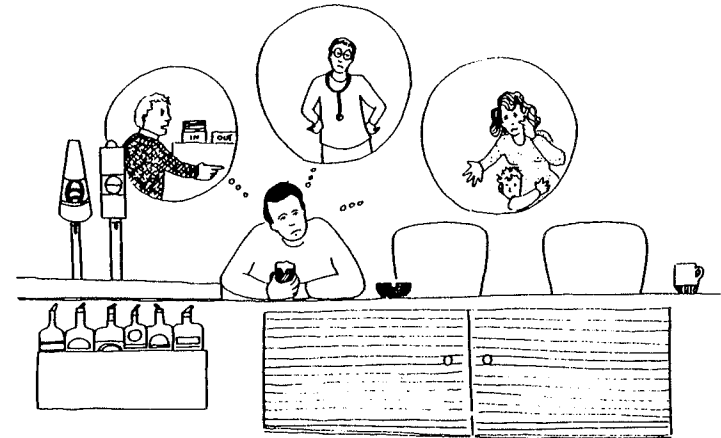
Talking about your problems can reduce **anxiety.**



a. What is **anxiety**? (p. 65)



b. Why does the alcoholic feel **anxious**? (p. 66)



c. What does the alcoholic do to feel less **anxious**? (p. 67)



d. What can help you feel less **anxious**? (p. 70)



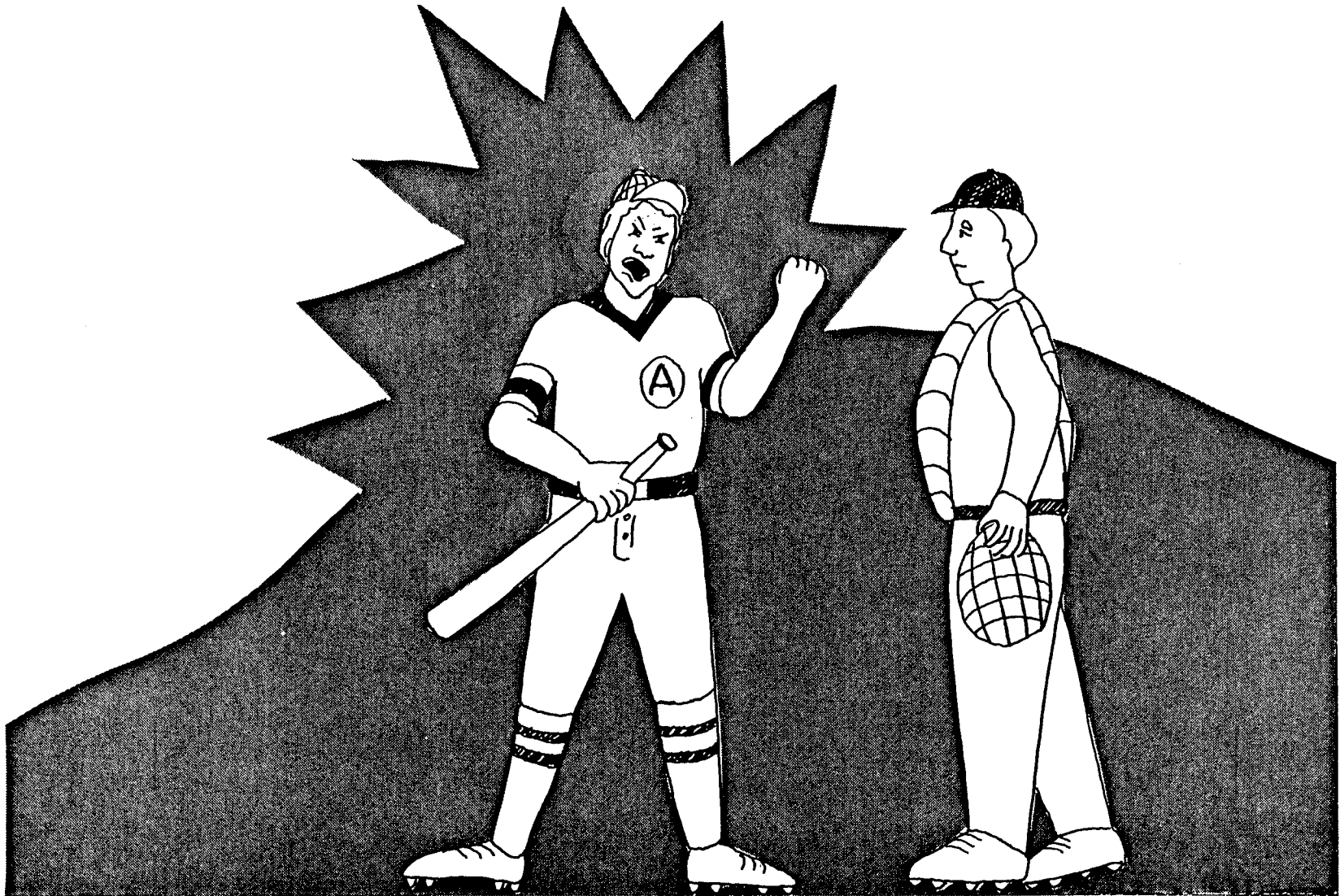




## **VI. Anger**



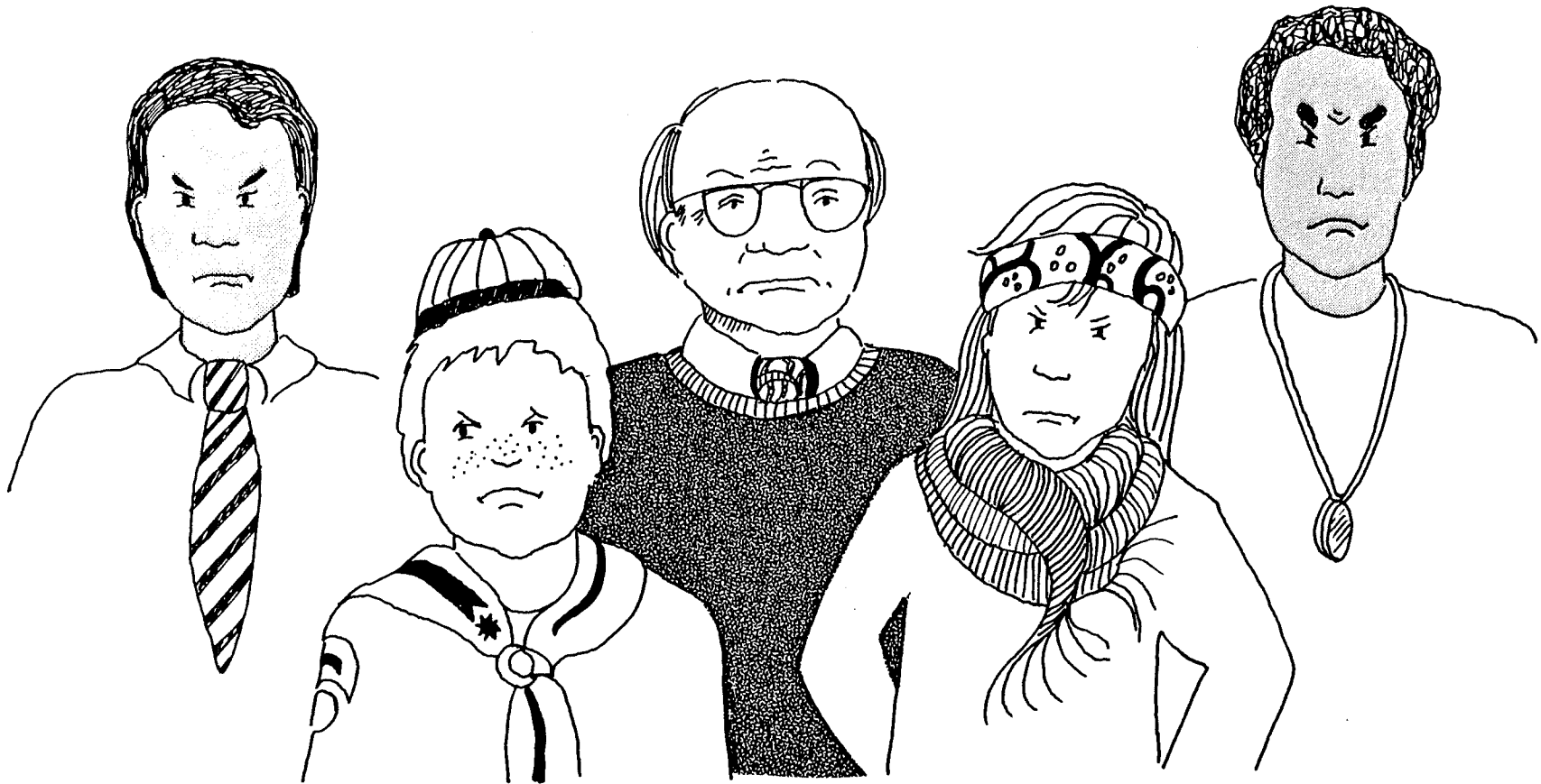
People feel **angry** when someone disagrees, insults or hurts them.



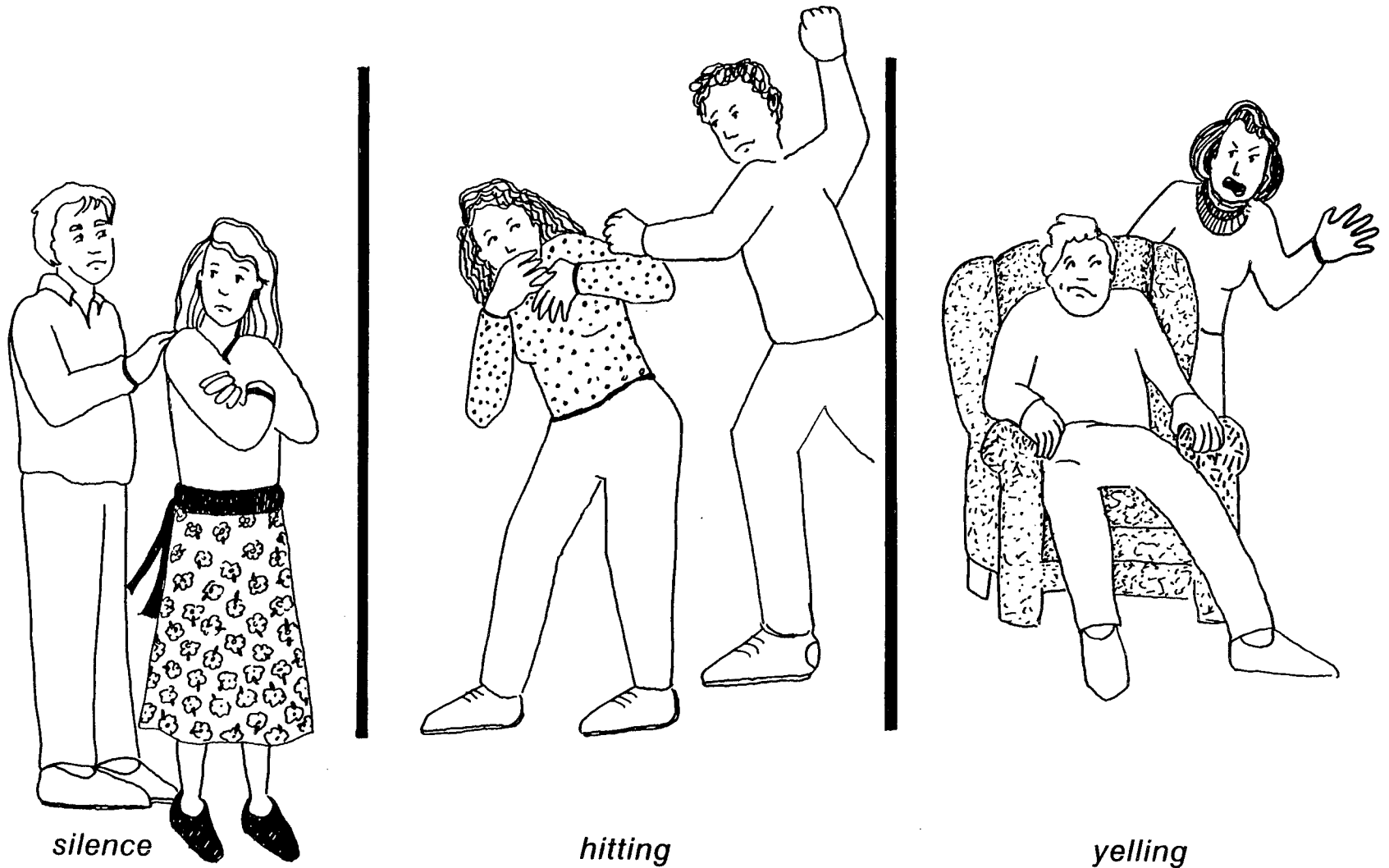
**Anger** is a way to let people know how strongly you feel about something.



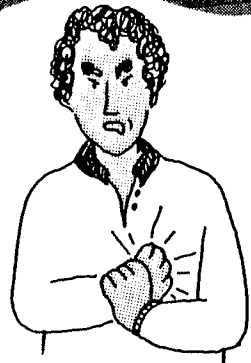
Everyone gets **angry** sometimes.



Some people show **anger** in the wrong way.



You should not hurt yourself, someone else or destroy property when you are **angry**.



*hurt yourself*



*hurt someone else*



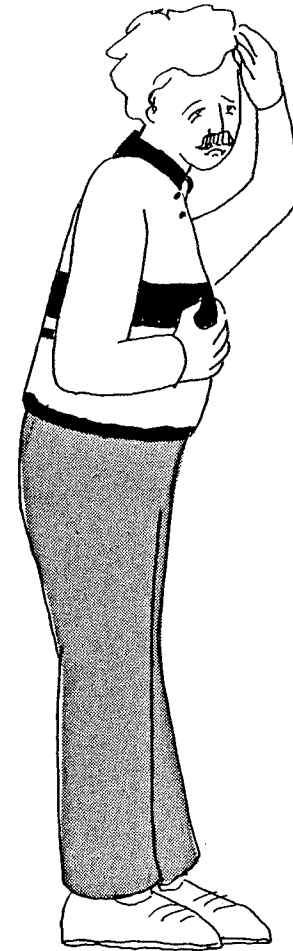
*destroy property*

Denying your **anger** can lead to physical problems.

1



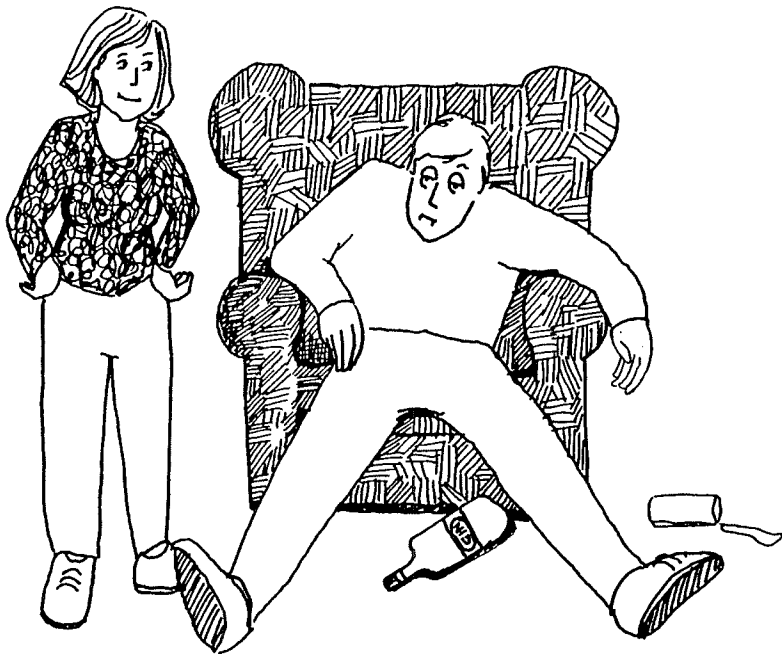
2





Denying your **anger** can lead to emotional problems.

1



2



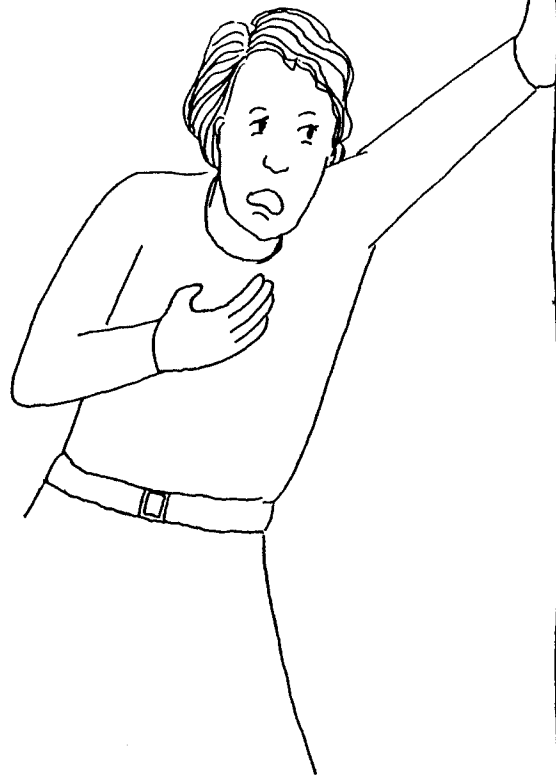
You should learn to show **anger** in helpful ways.



## Learn the physical signs of **anger**.



*frowning*

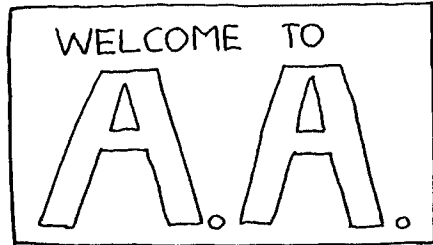


*breathing heavily*

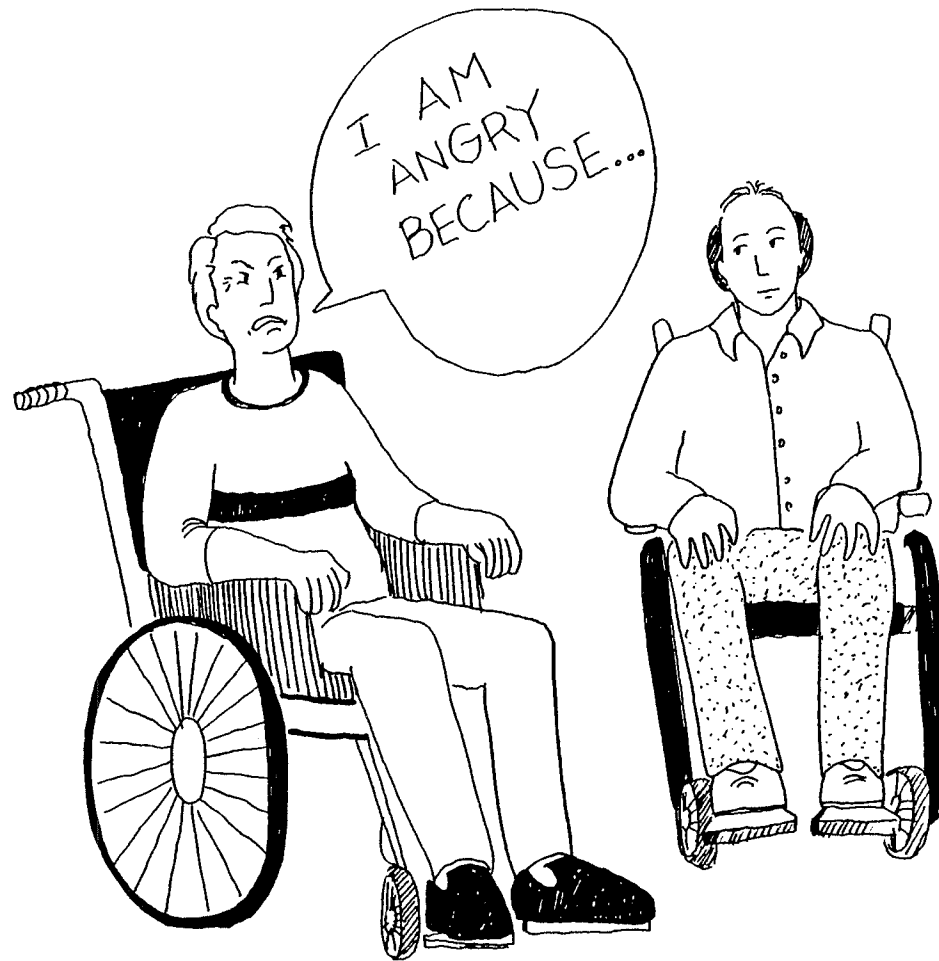


*red in the face*

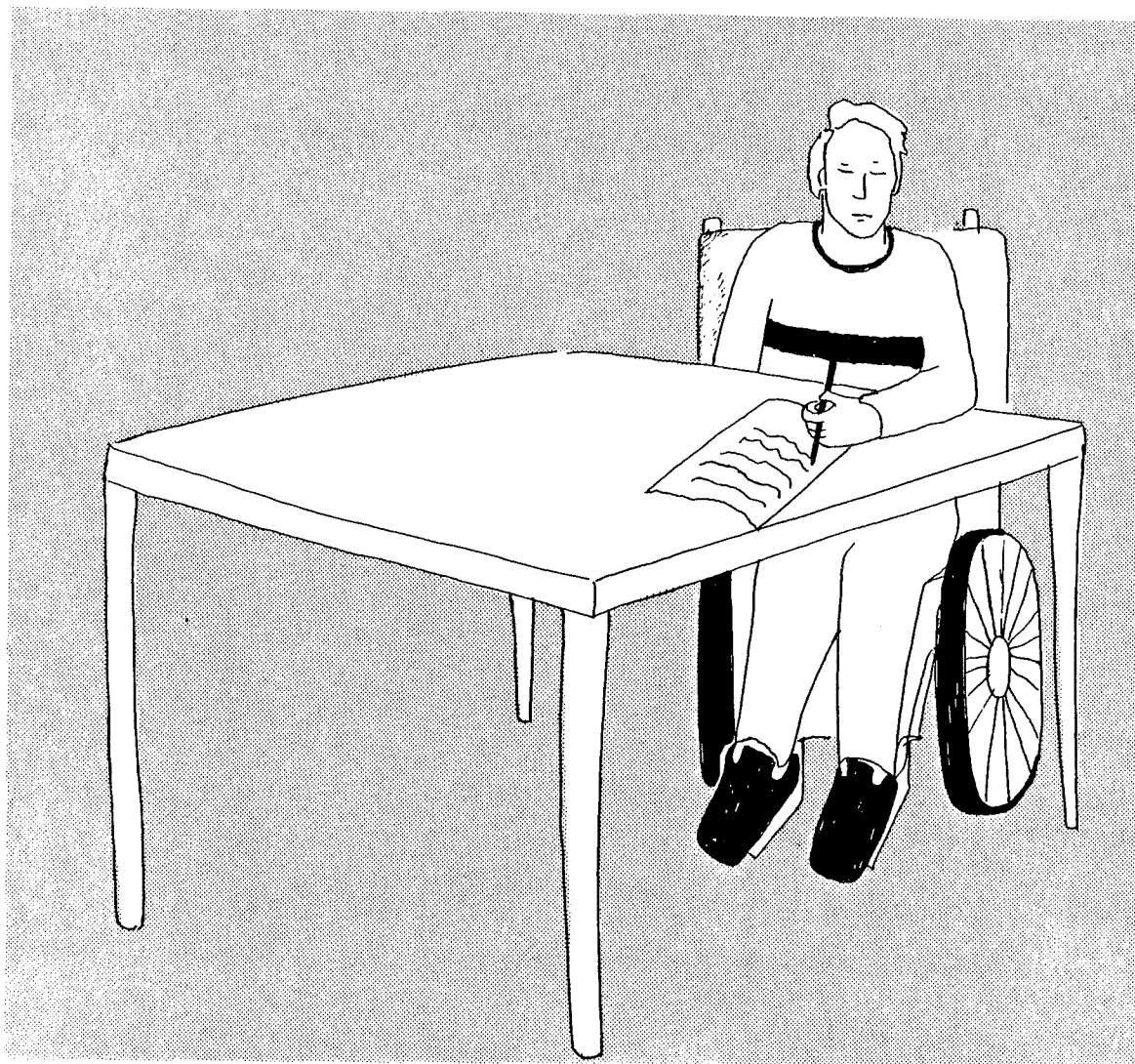
Have someone help you understand why you are **angry**.



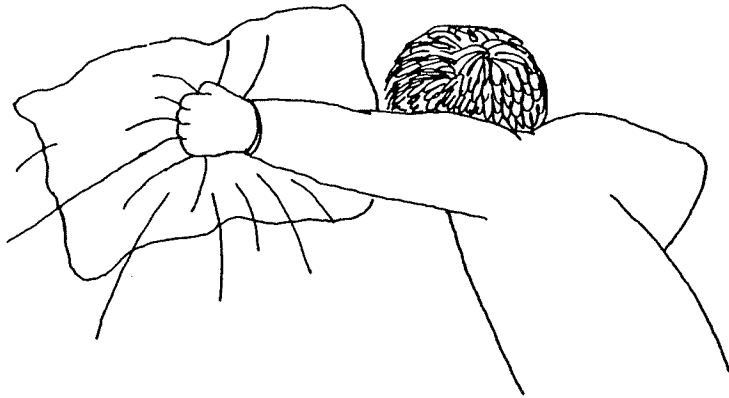
Tell people why you are **angry**.



Make a list of what makes you **angry**.



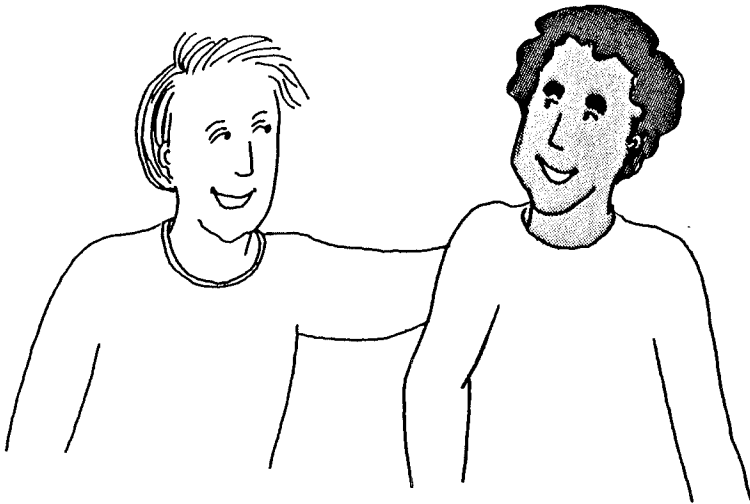
## Plan better ways to reduce your **anger**.



*hit a pillow*



*take a walk*

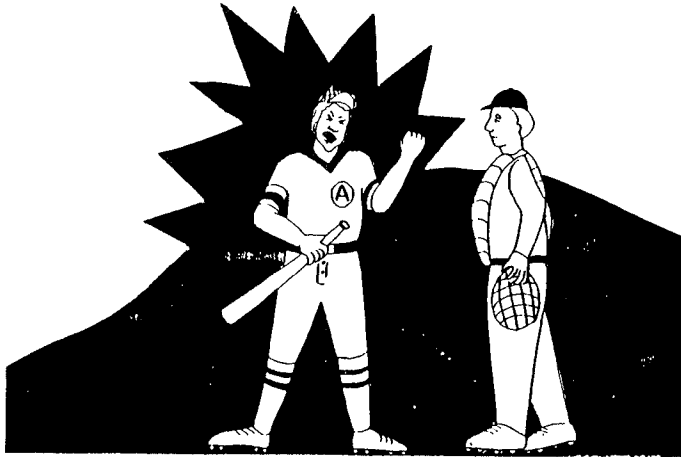


*talk to a friend*

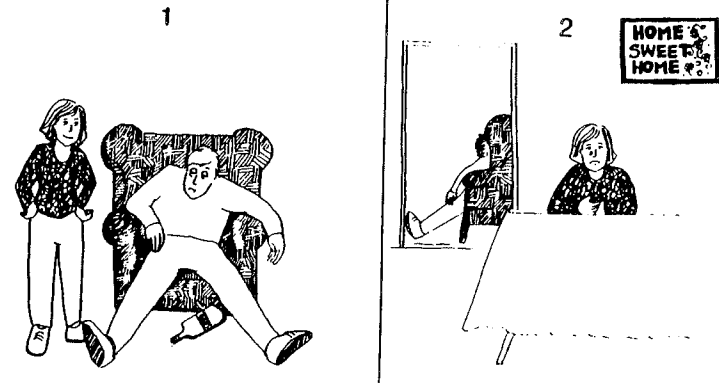


*count to 10*

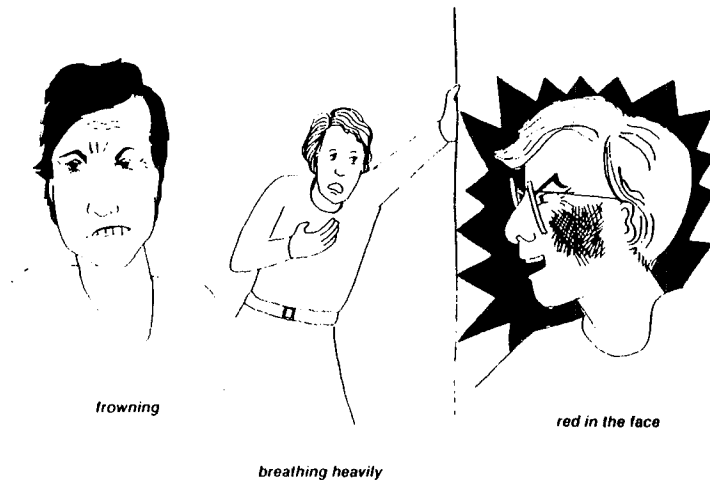
a. What is **anger**? (p. 75)



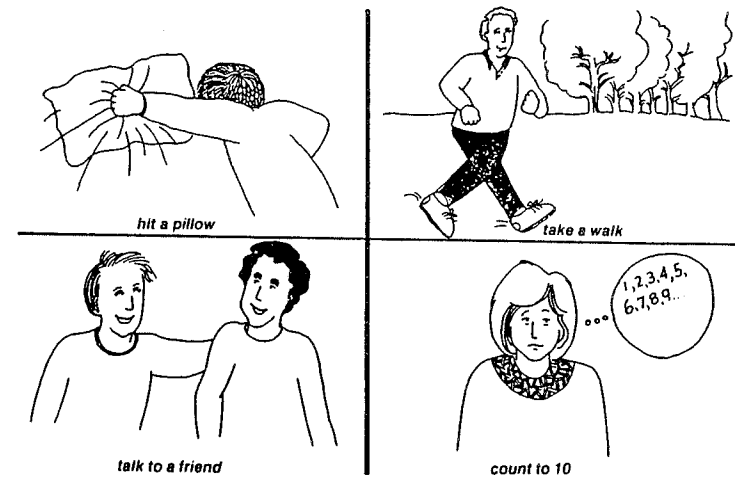
b. How can denying your **anger** hurt you? (p. 81)



c. What is one physical sign of **anger**? (p. 83)



d. What is one way to reduce **anger**? (p. 87)





## **VII. Resentment**



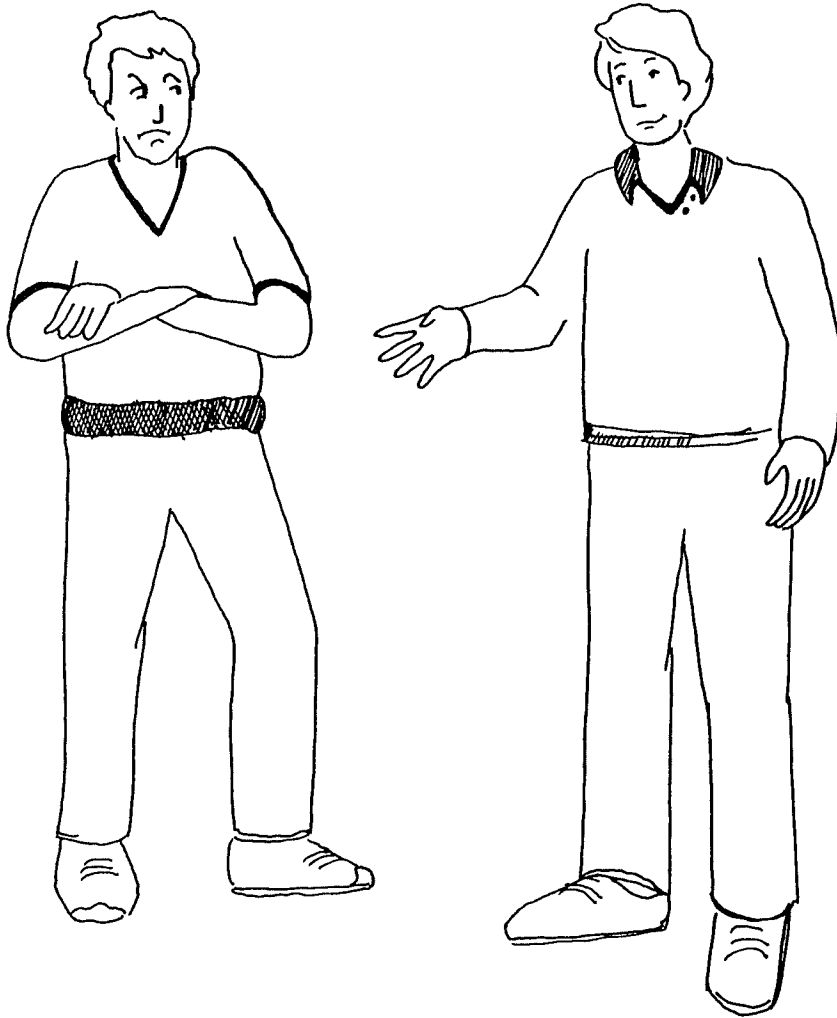
**Resentment** means to stay hurt and **angry** at another person.



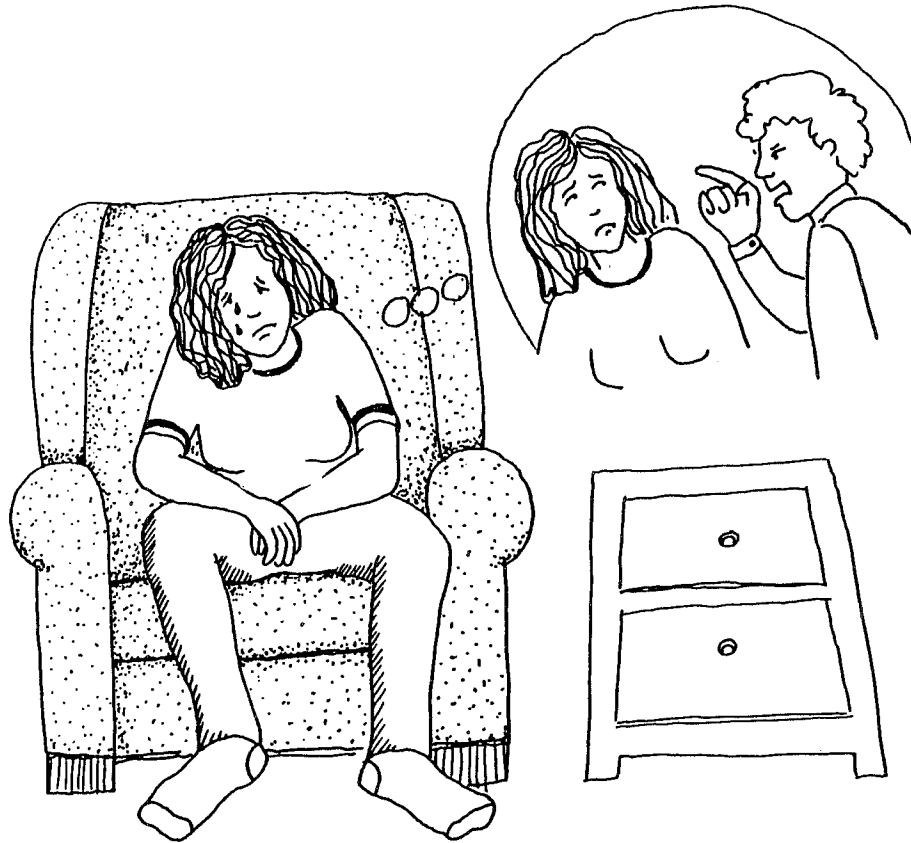
Alcoholics often **resent** other people for real or imagined reasons.



You may be too proud to forgive people  
who have hurt you.



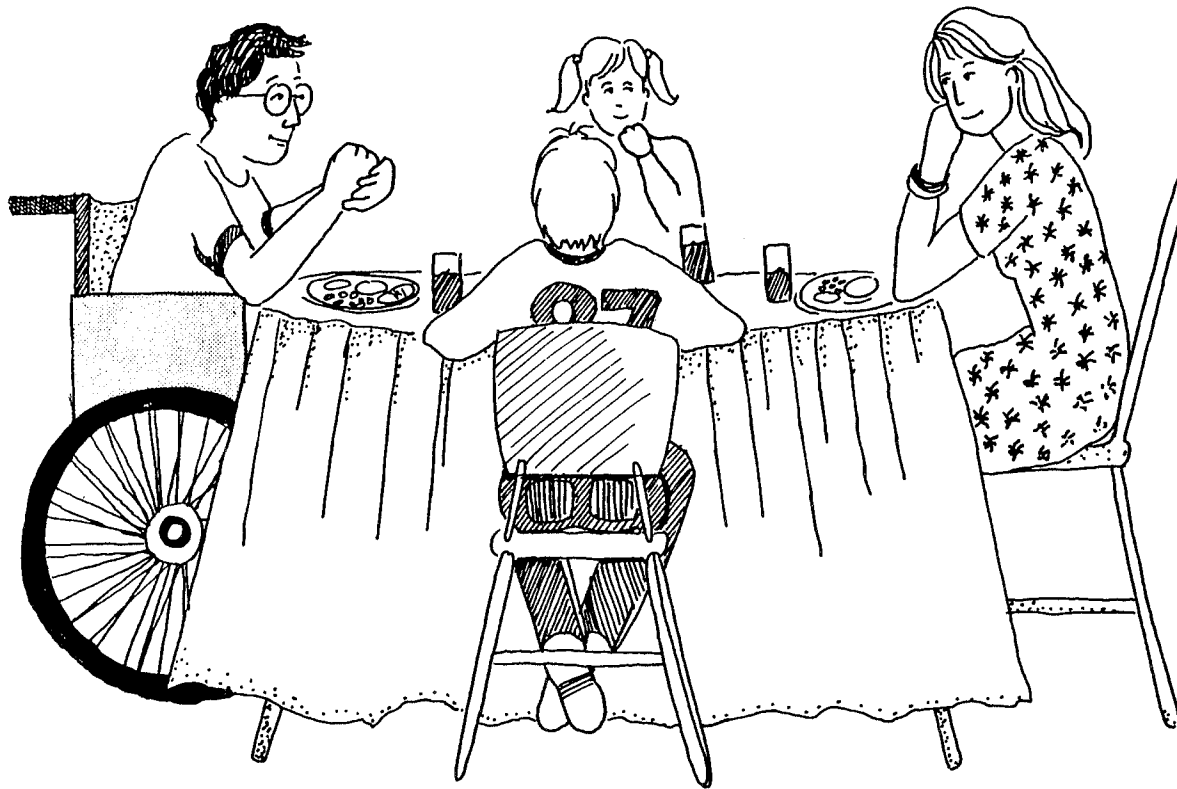
You may pity yourself because people have hurt you.



Feeling self-pity and **resentment** can cause you to drink.



You must learn to be thankful for what you have in life.





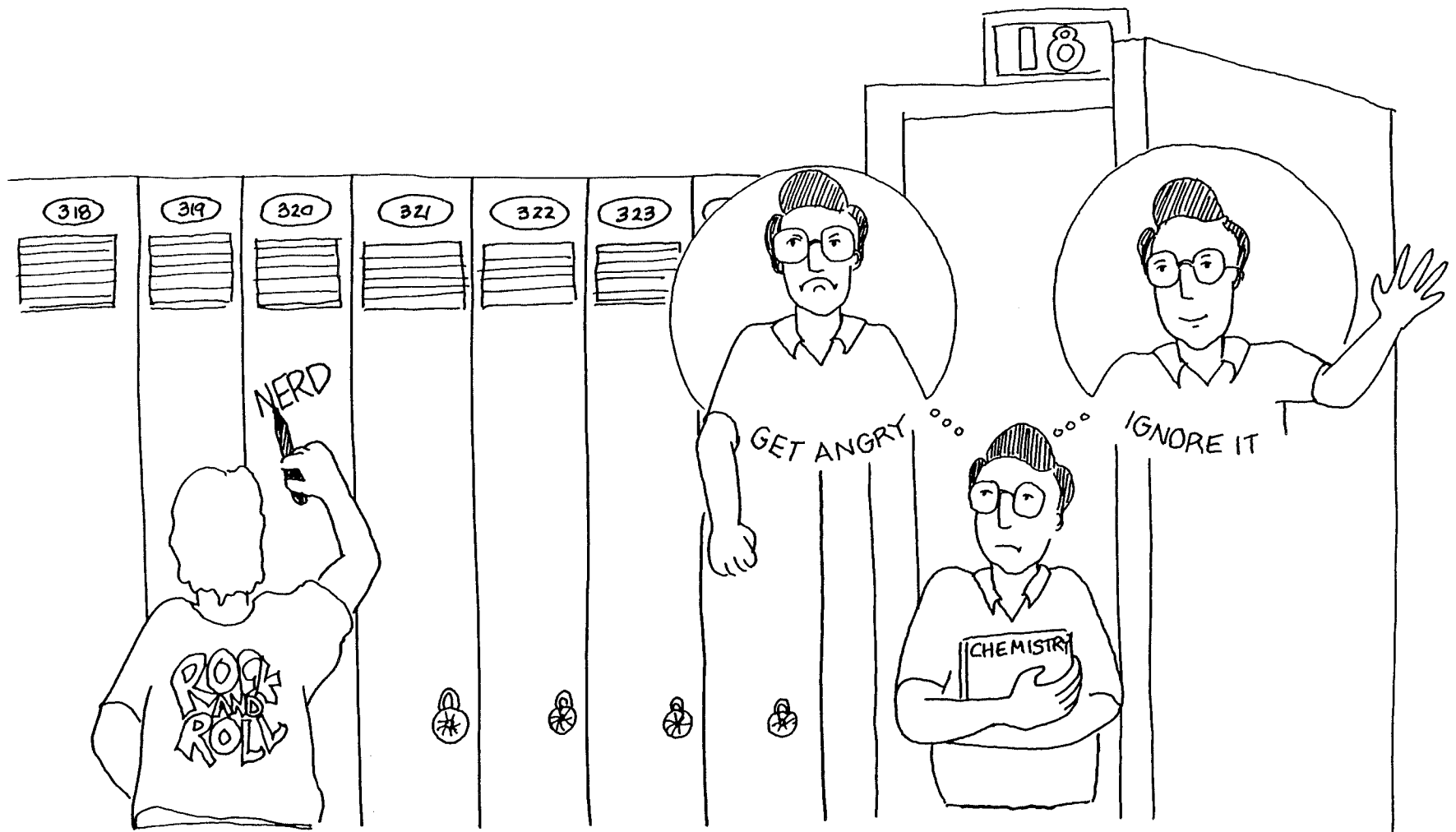
You will not feel **resentful** if you accept, love  
and forgive other people.



Learn to accept criticism.



When someone does something you dislike,  
you can choose to ignore it.



Learn to forgive others because staying **angry** only hurts yourself.



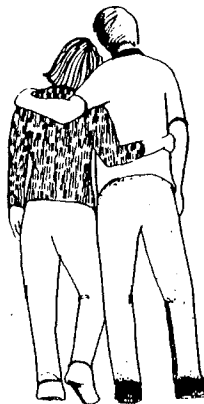
a. What is **resentment**? (p. 91)



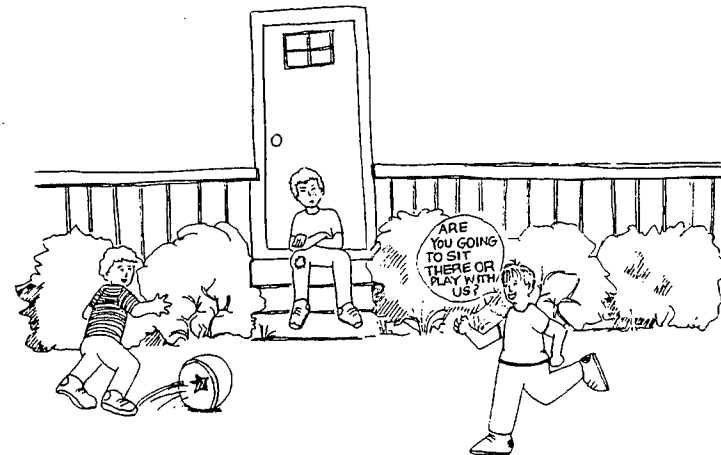
b. What does **resentment** cause? (p. 95)



c. How can you not feel **resentment**? (p. 97)



d. Who does staying **angry** hurt? (p. 100)





## **VIII. Depression**





**Depression** is a feeling that you will always be unhappy.



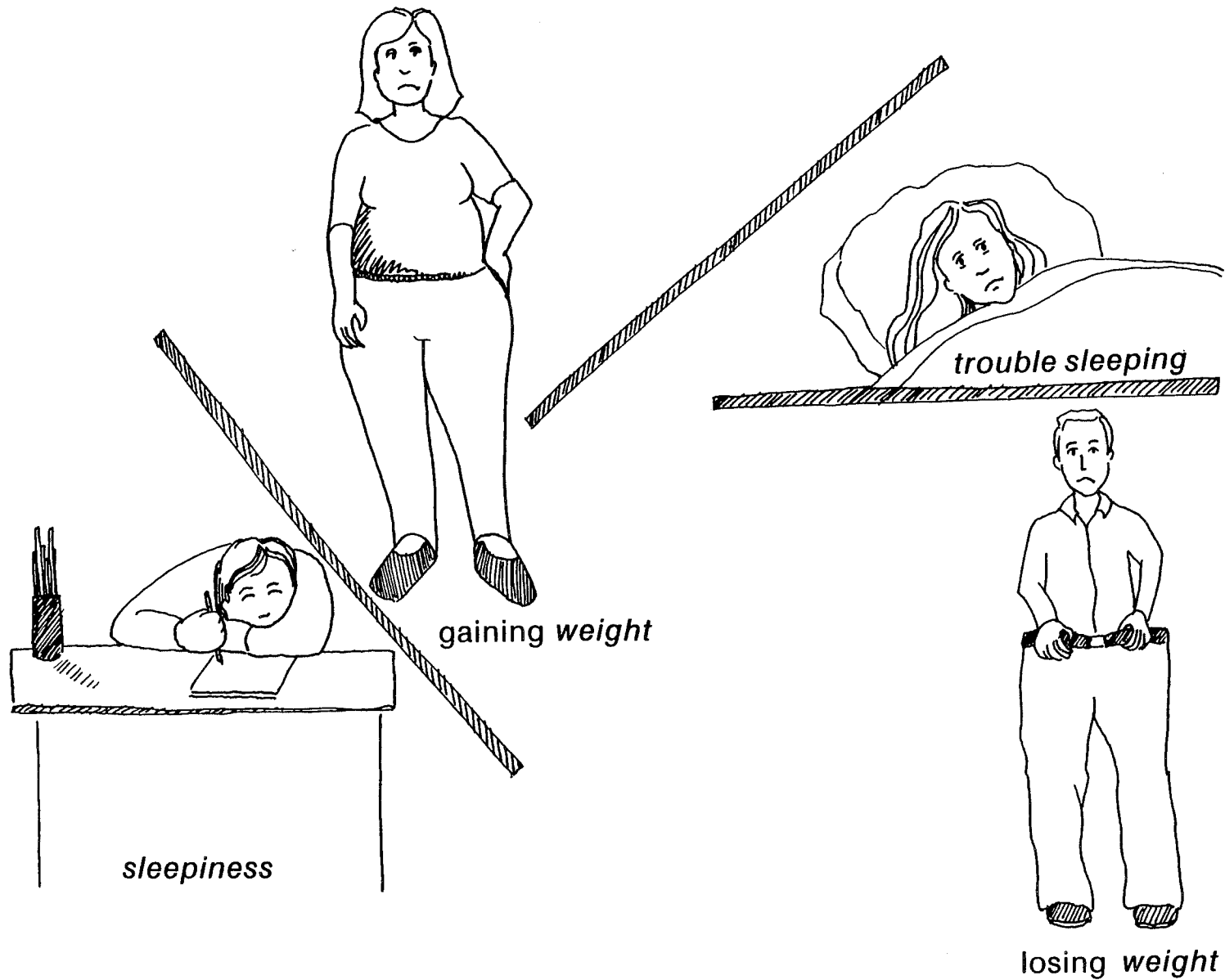
Alcoholics feel **depressed** because they feel that they cannot solve their problems.



The physical harm caused by drinking can lead to **depression**.

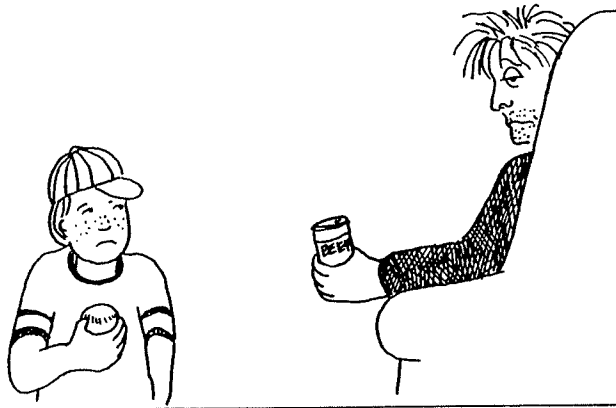


There are physical signs of **depression**.



# There are mental signs of **depression**.

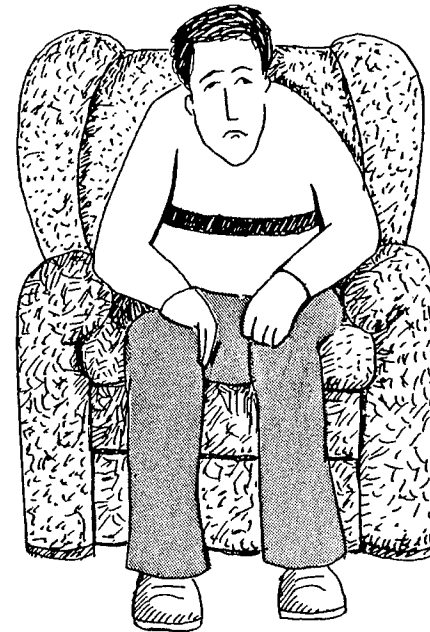
*losing interest in activities*



*loss of appetite*

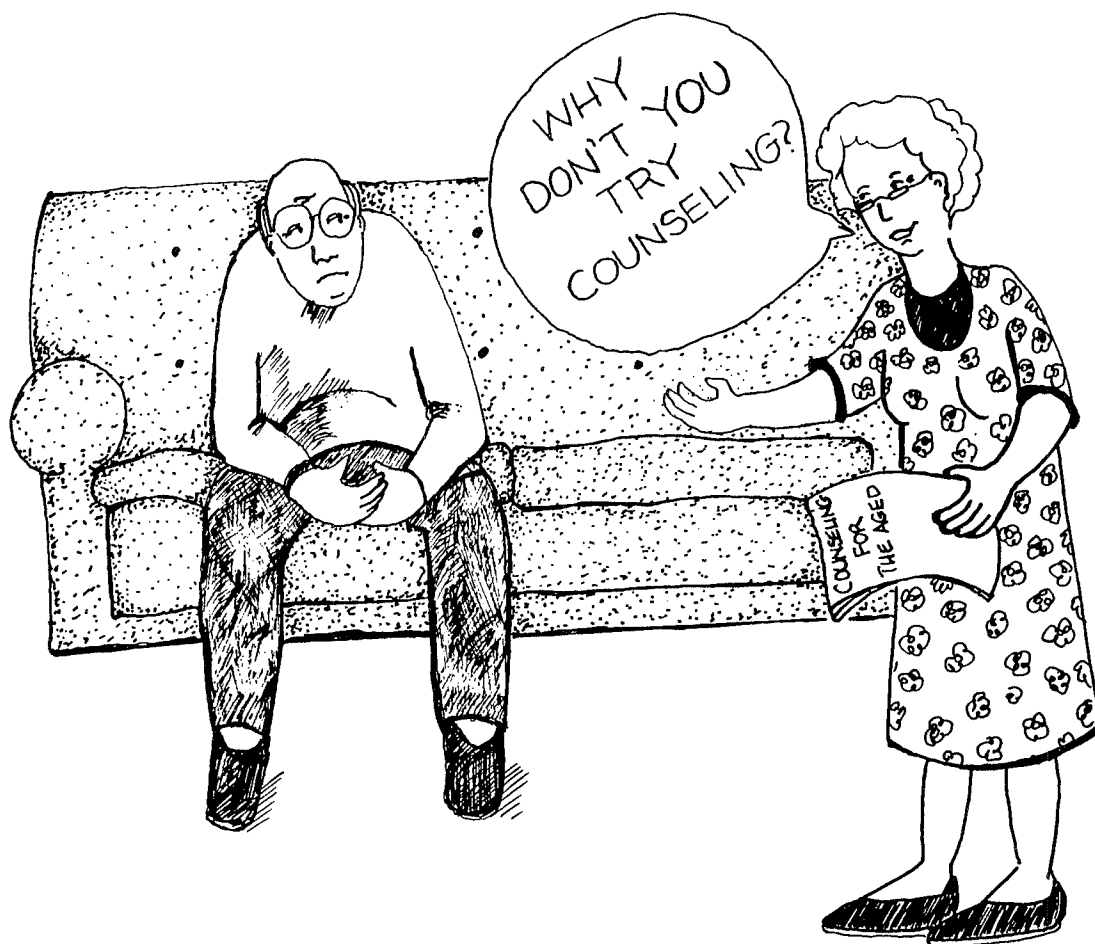


*crying*



*thoughts of suicide*

Learning to take care of your **depression**  
will help you to stay **sober**.



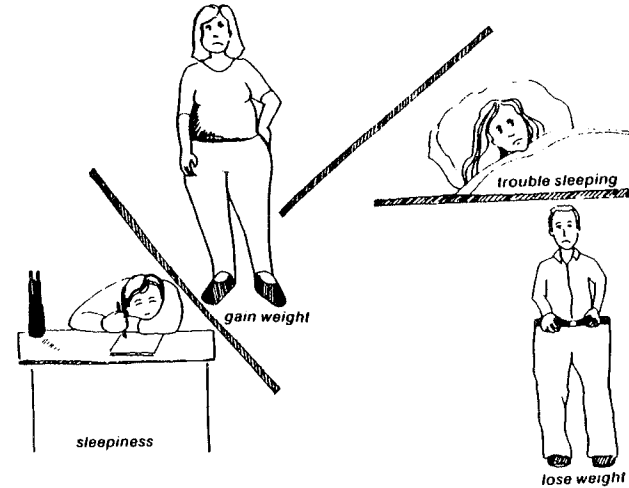
You should talk to someone when you are **depressed.**



a. What is **depression**? (p. 105)

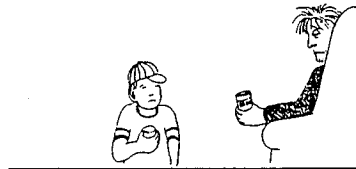


b. What is a physical sign of **depression**? (p. 108)



c. What is a mental sign of **depression**? (p. 109)

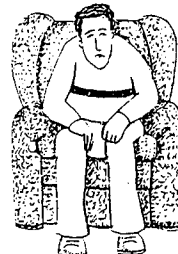
losing interest in activities



loss of appetite



crying



thoughts of suicide

d. What should you do if you are **depressed**? (p. 111)

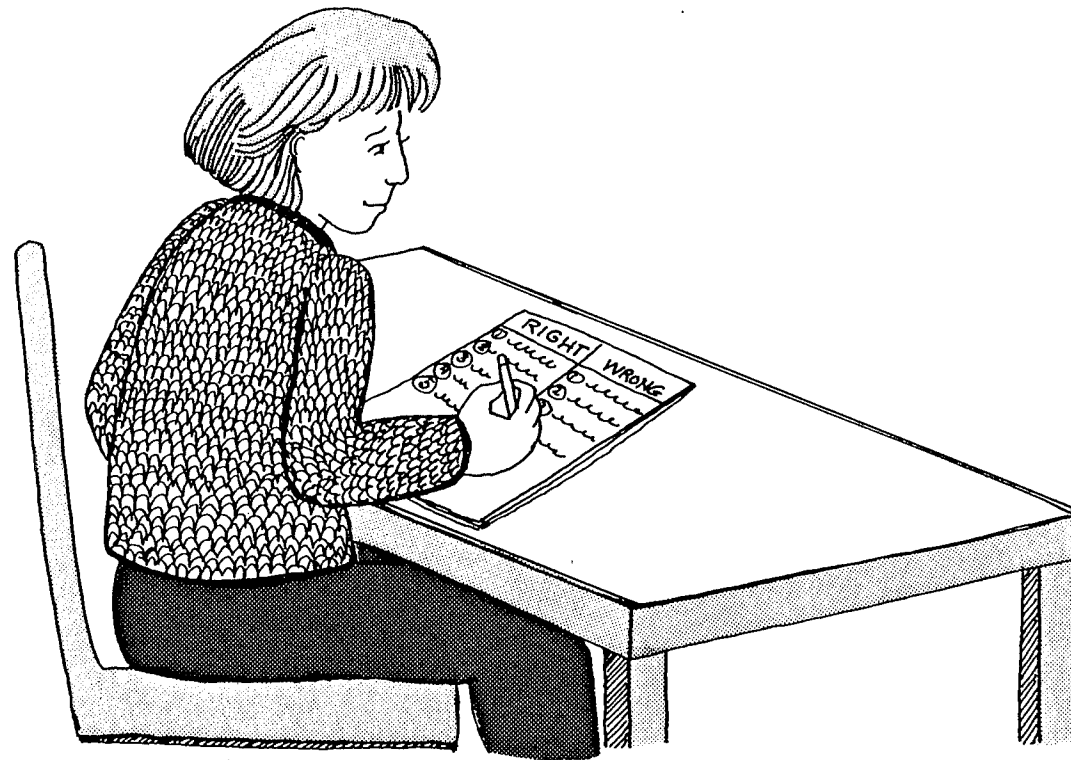




## **IX. The Inventory — Steps 4, 5, and 6 of A.A.**

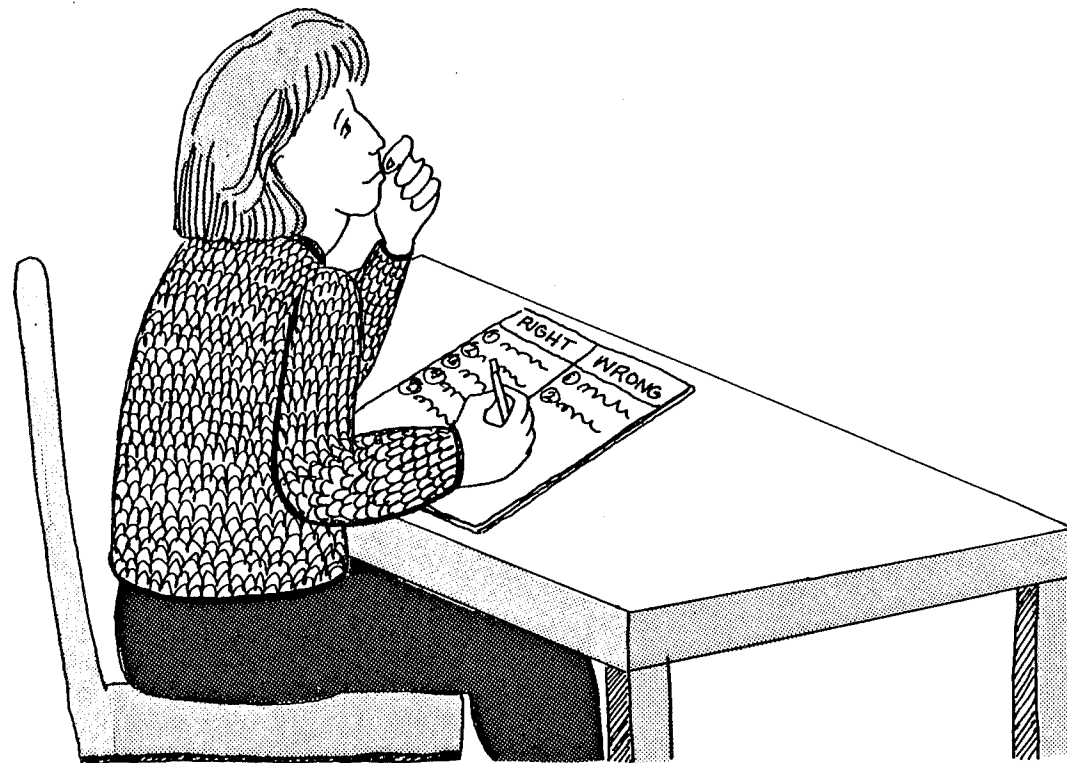


Step 4 of **A.A.** means that you must do an **inventory**, which is a list of the right and wrong things you have done.



Step 4 of A.A.: “Made a searching and fearless moral inventory of ourselves.” 115

You must be honest with yourself to take  
Step 4 of **A.A.**



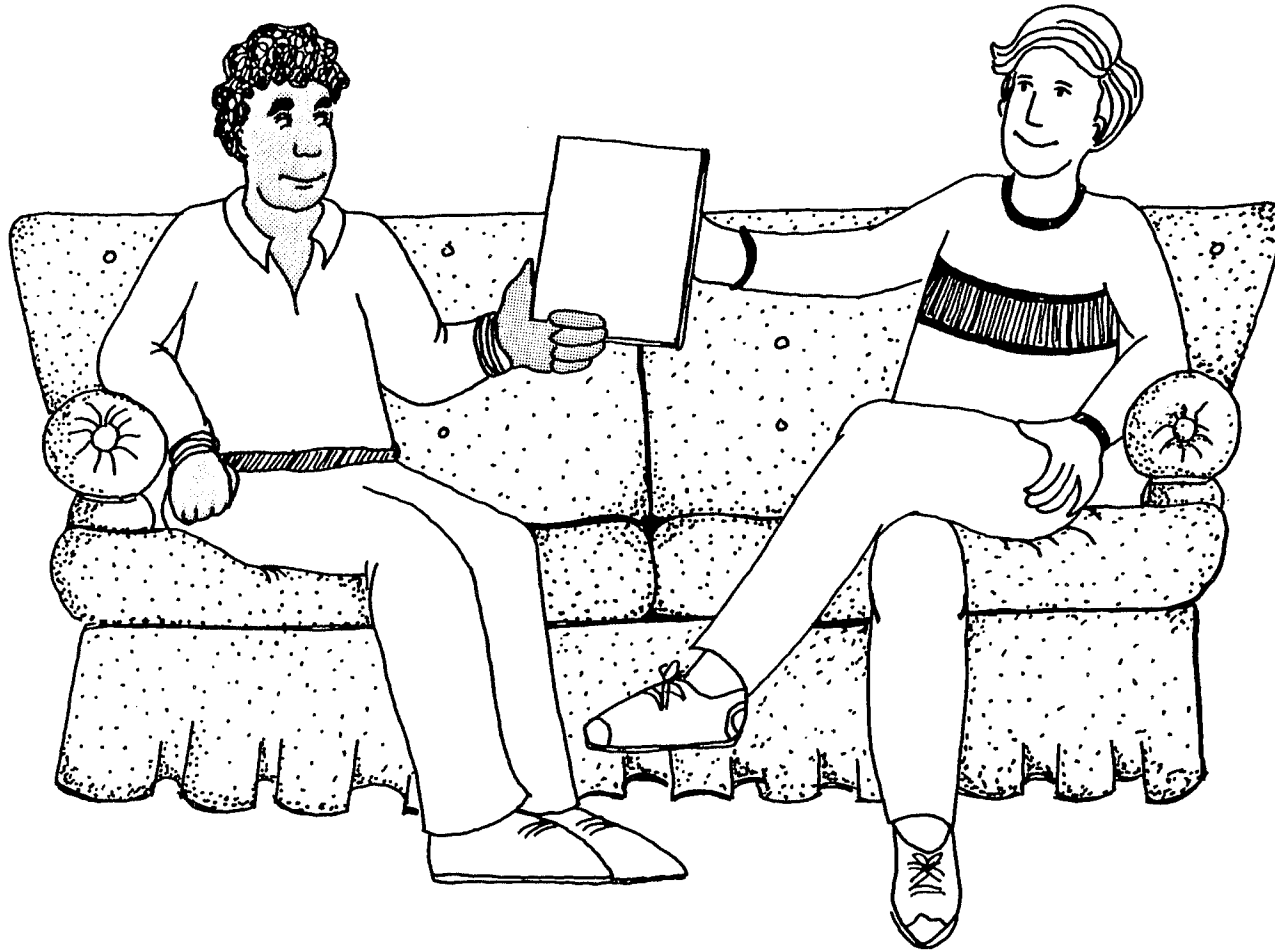
Looking at the right things that you have done will help you feel good about yourself.



Looking at the wrong things that you have done will help you learn what you must change.

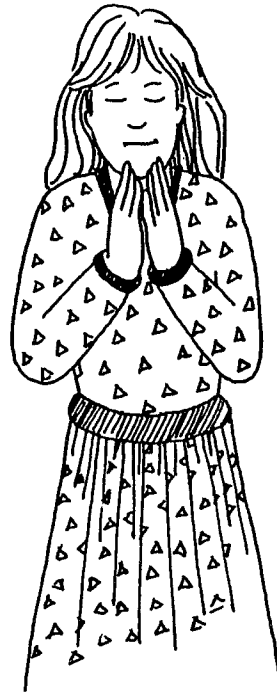


Step 5 of **A.A.** means that you must admit the wrong things you have done to God, yourself, and another person.



Step 5 of A.A.: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step 6 of **A.A.** means that you are ready to have God help you improve your life.



Step 6 of A.A.: “Were entirely ready to have God remove all these defects of character.”



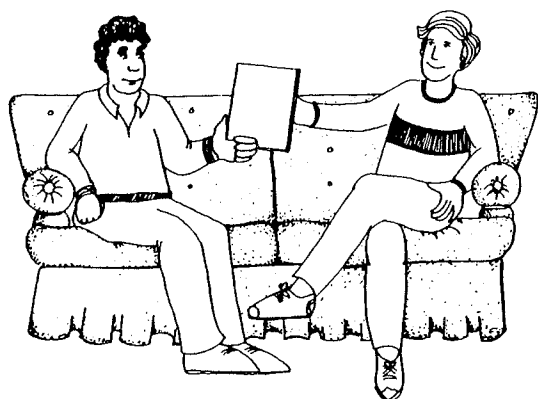
a. What does Step 4 of **A.A.** mean? (p. 115)



b. How can doing an **inventory** help you? (p. 117)



c. What does Step 5 of **A.A.** mean? (p. 119)



d. What does Step 6 of **A.A.** mean? (p. 120)



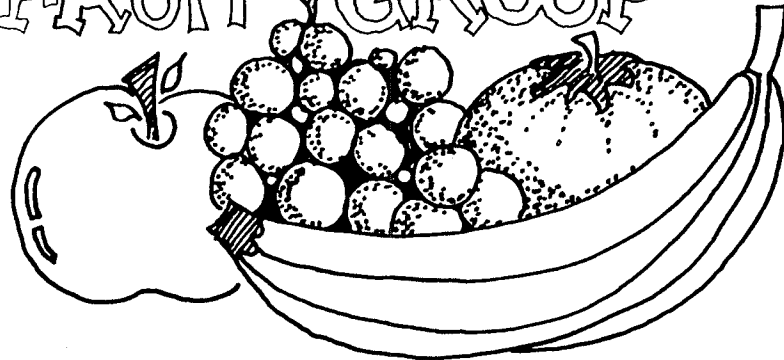


## **X. Staying Healthy**

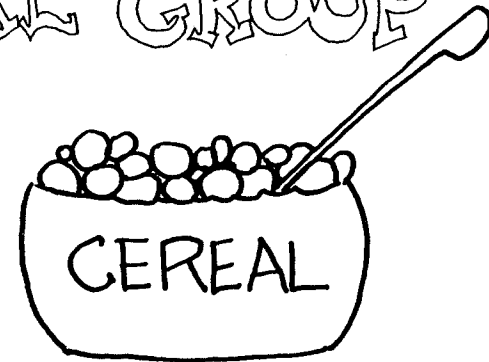
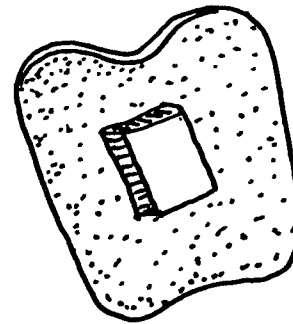


Eat 3-meals a day with foods from the 4-food groups.

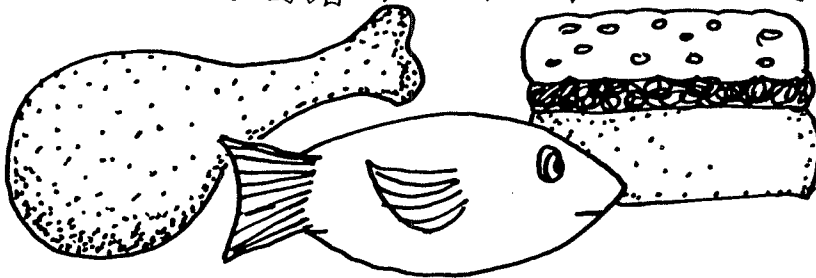
## VEGETABLE AND FRUIT GROUP



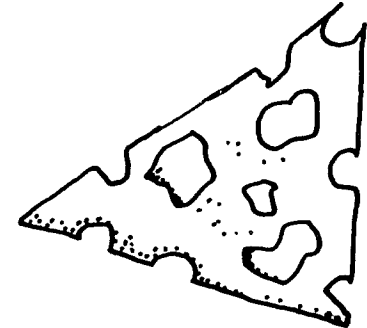
## BREAD AND CEREAL GROUP



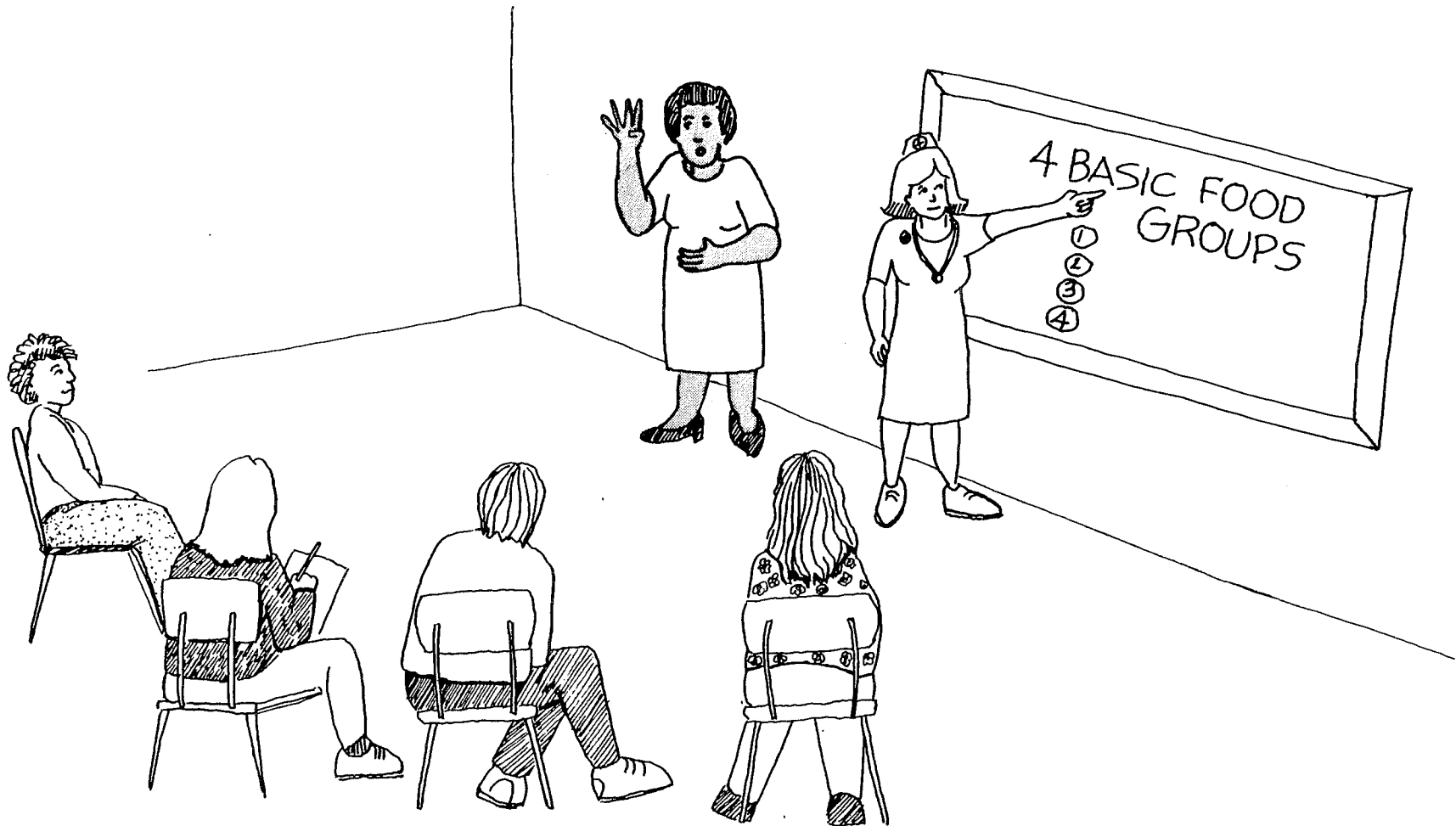
## MEAT, POULTRY, FISH AND BEANS GROUP



## MILK AND CHEESE GROUP



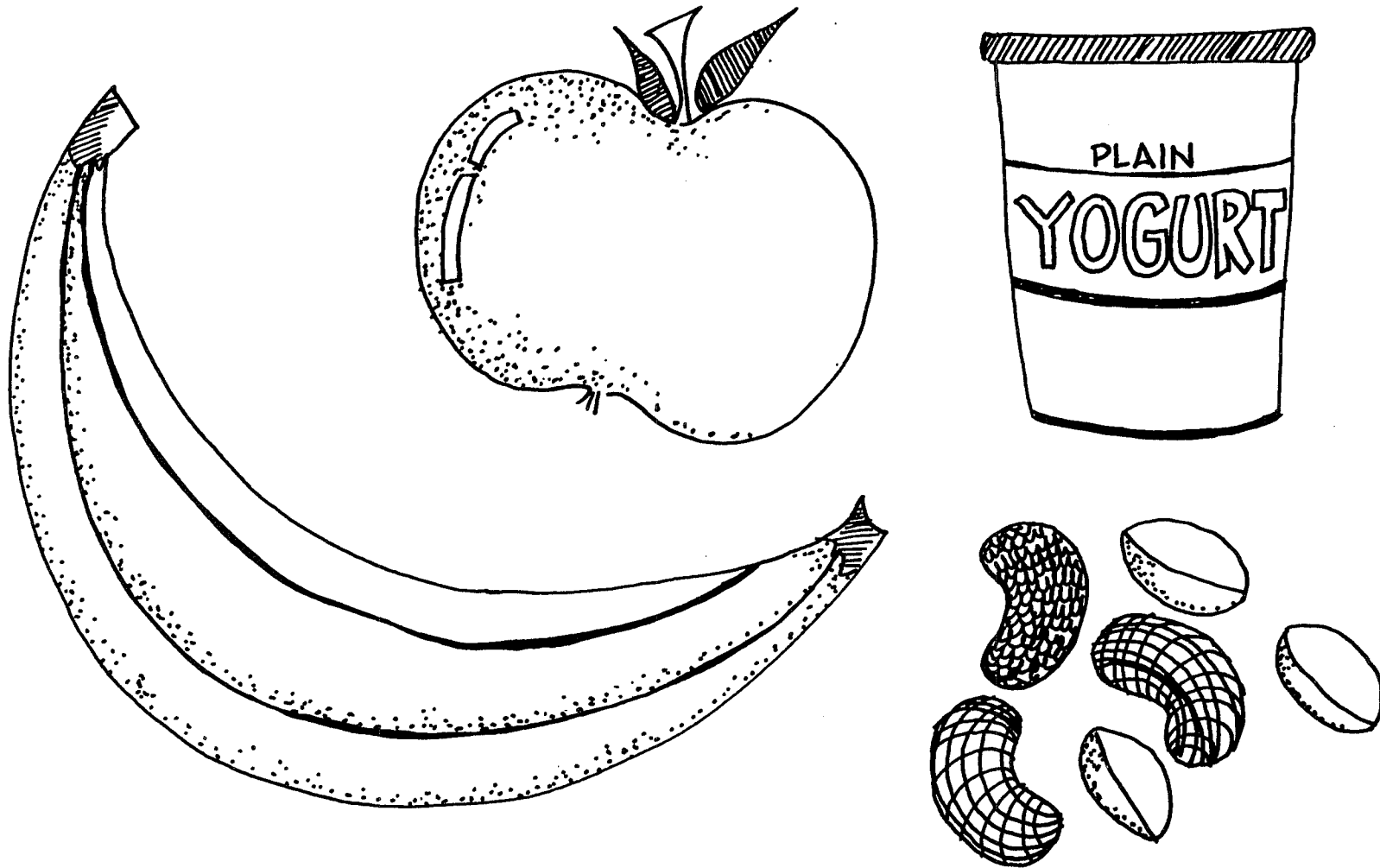
Staying healthy will help you to stay **sober**.



Eat a healthy breakfast every morning.



Eat healthy snacks.

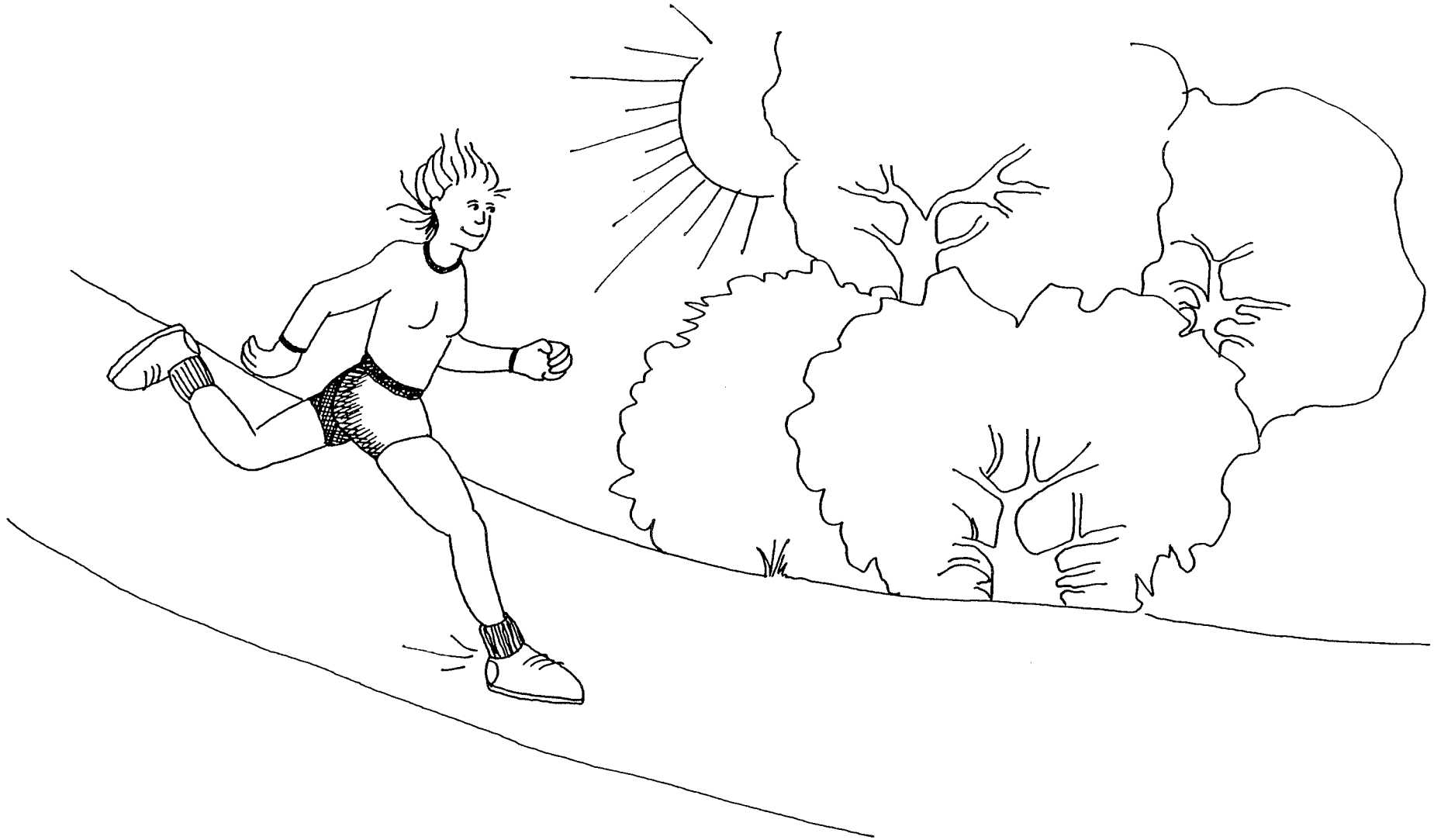




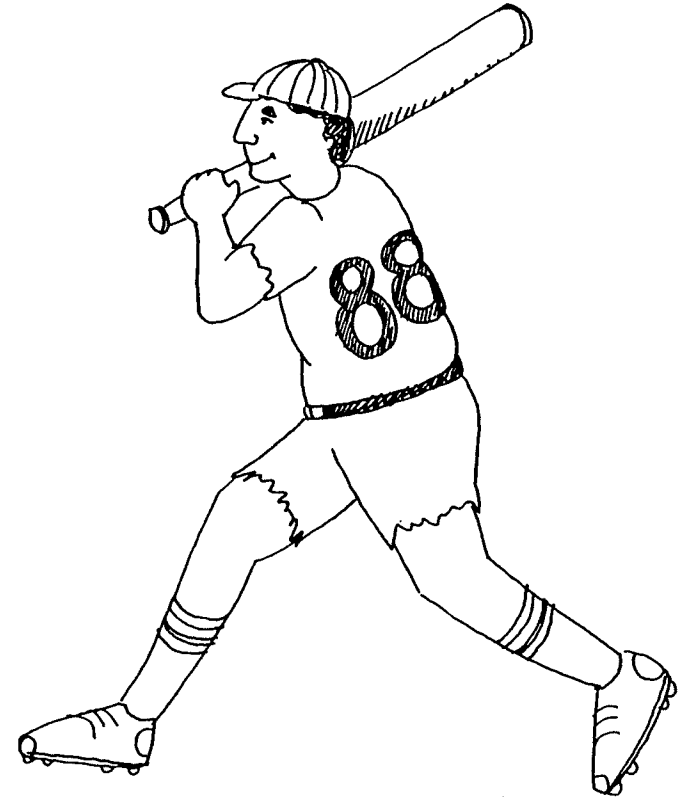
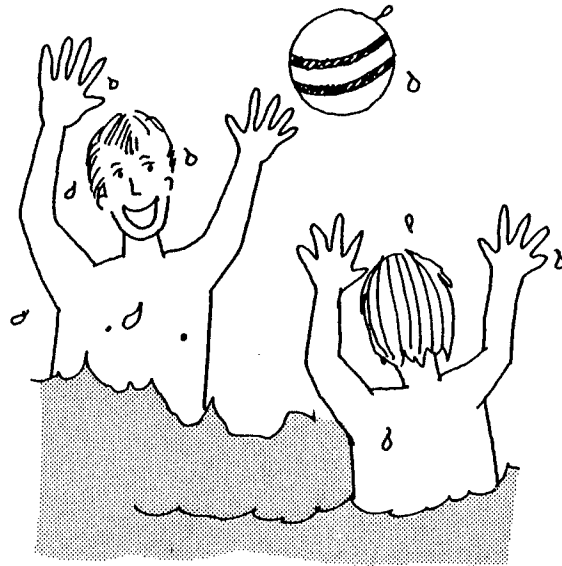
Limit sweets and caffeine in your meals.



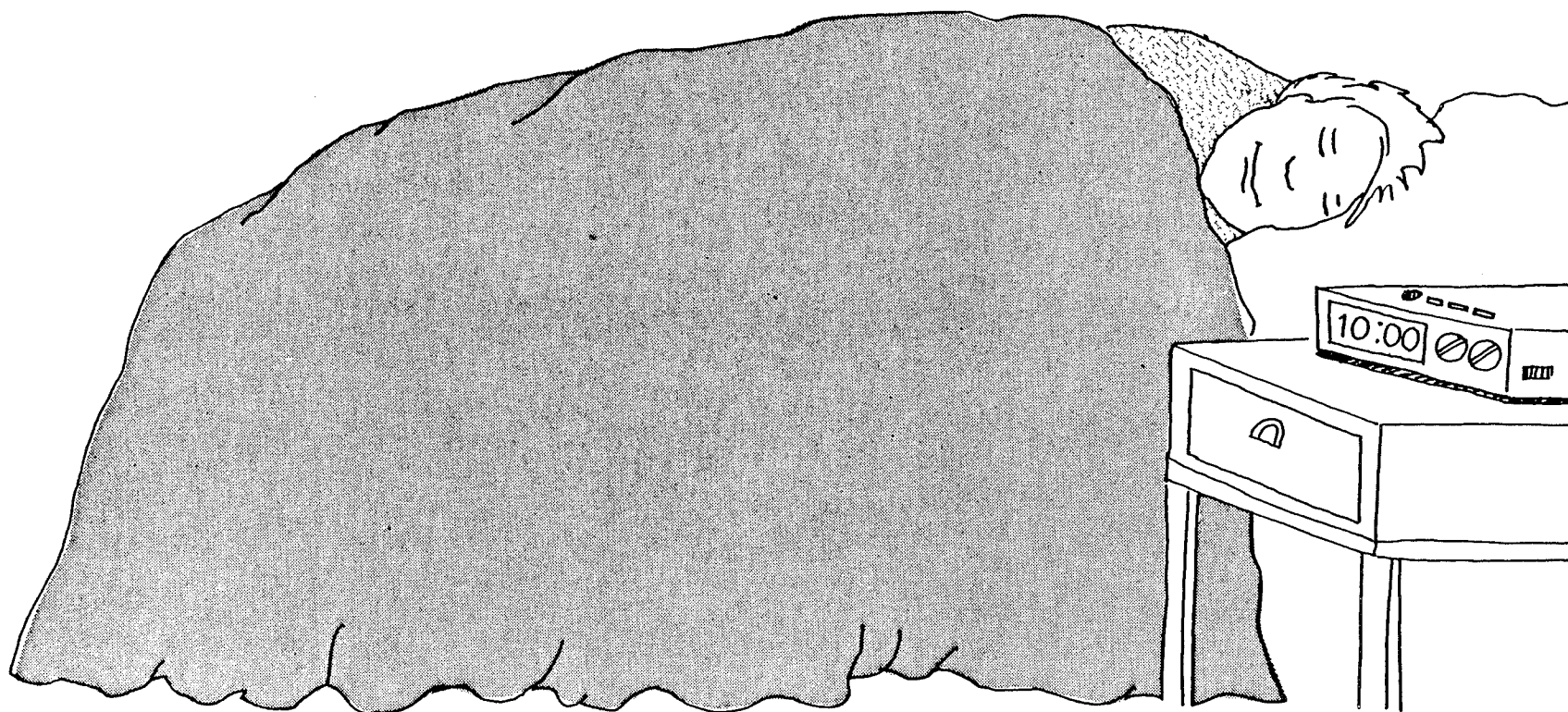
Exercise 3 to 4 times a week.



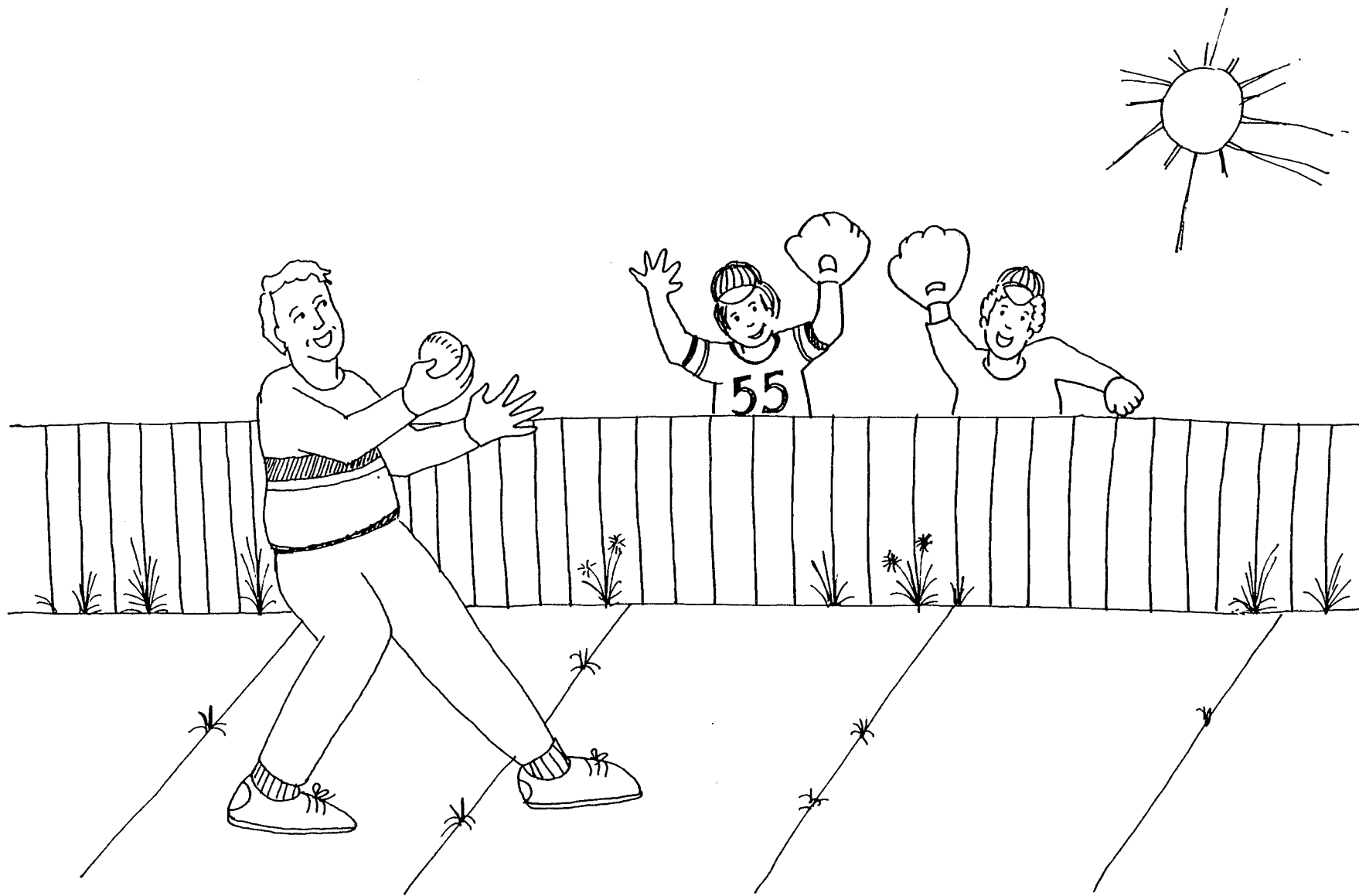
Exercise can be fun.



Get enough sleep each day.



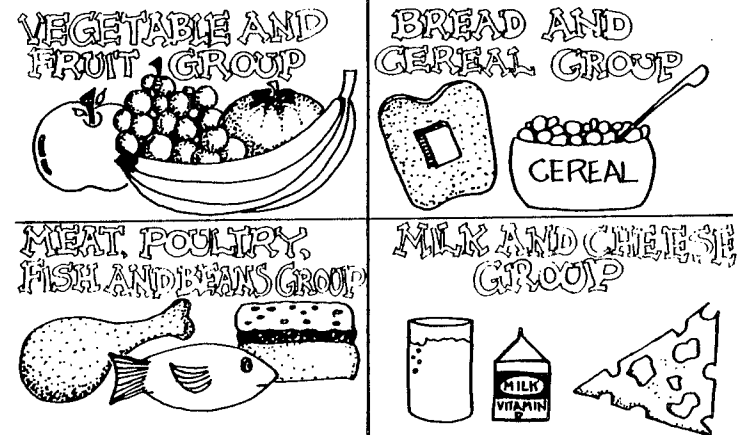
Living a healthy life will improve how you think and feel about yourself and others.



a. What is an important part of staying **sober**?  
(p. 126)



b. What are the 4 food groups?(p. 125)



c. What should you limit in your meals?(p. 129)



d. What is one fun way to exercise? (p. 131)

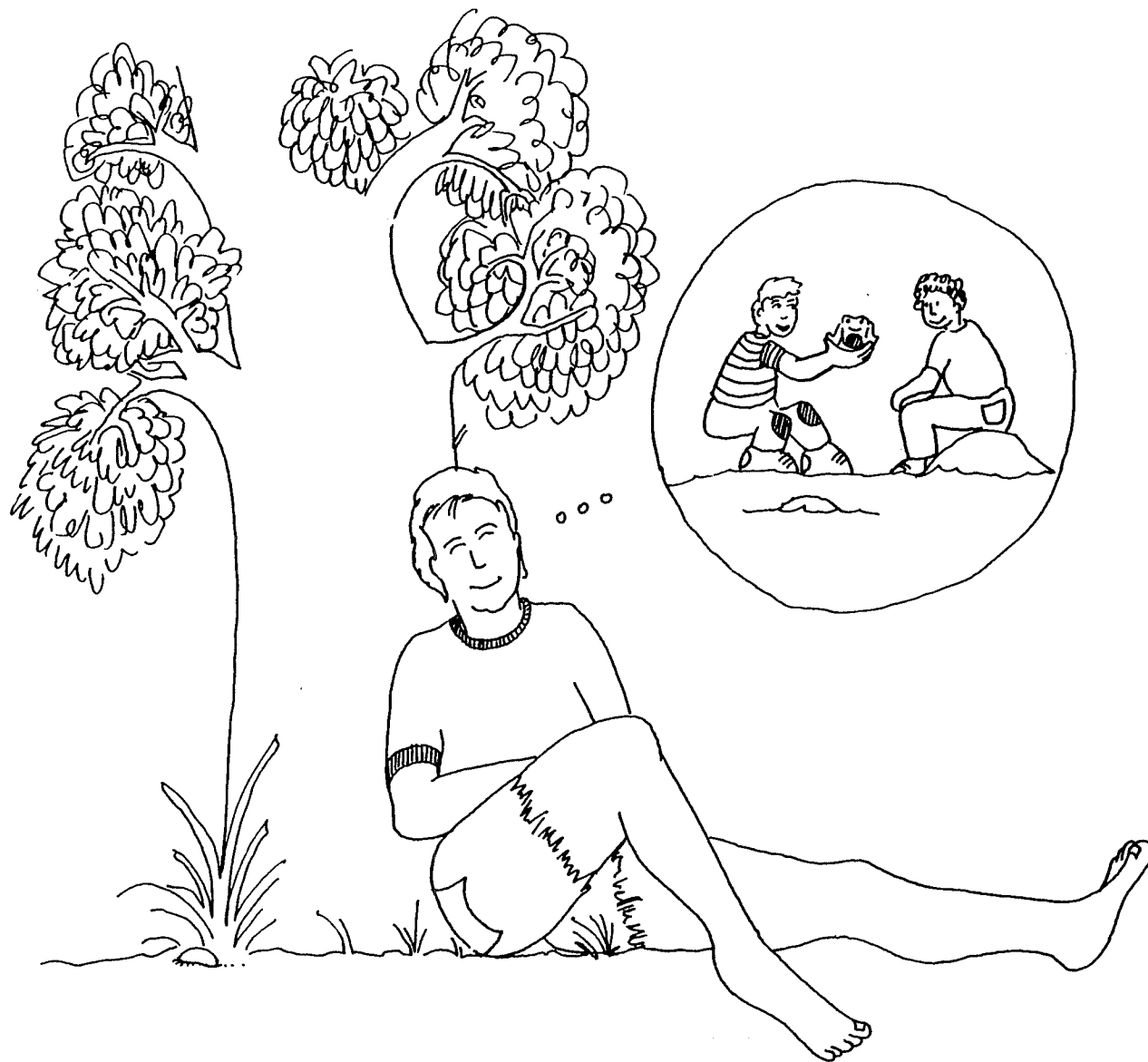


# **XI. Having Fun Without Alcohol and Other Drugs**





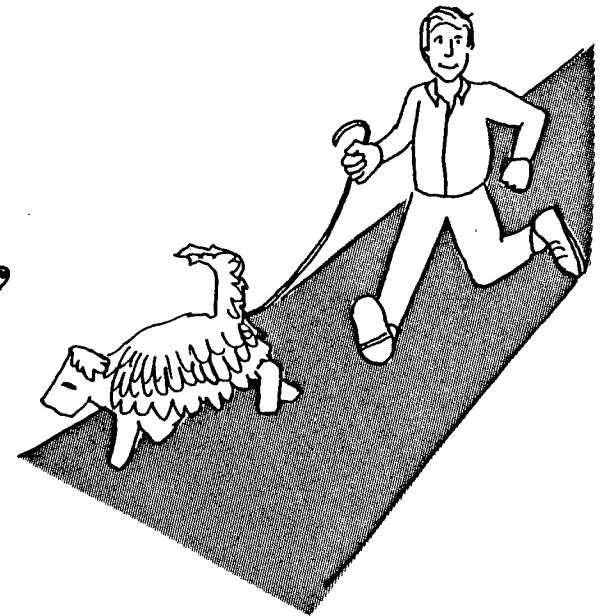
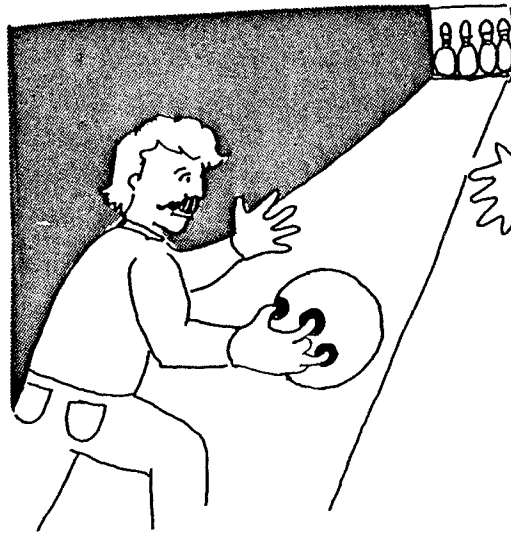
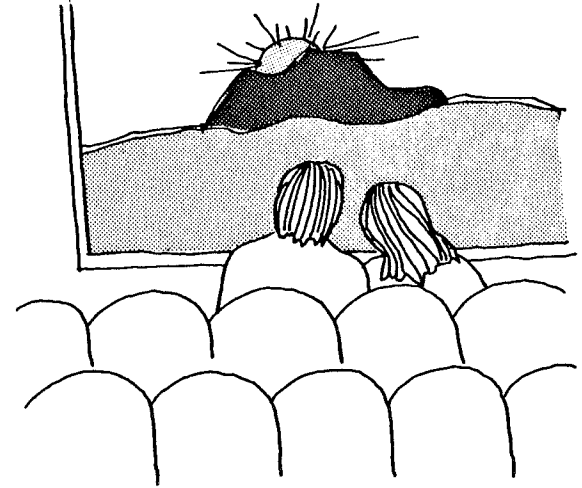
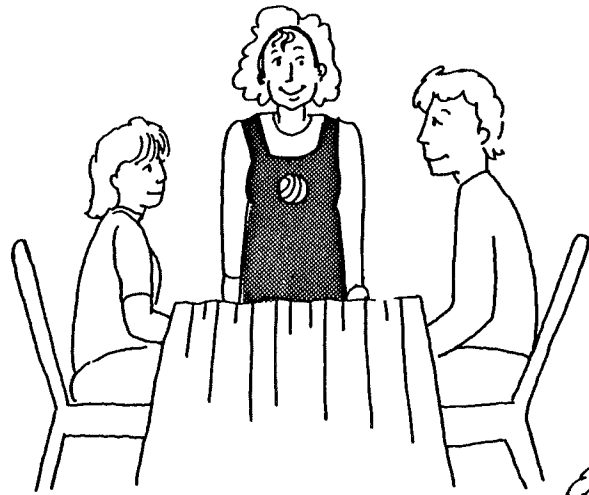
You have not had fun without alcohol and other drugs for a long time.



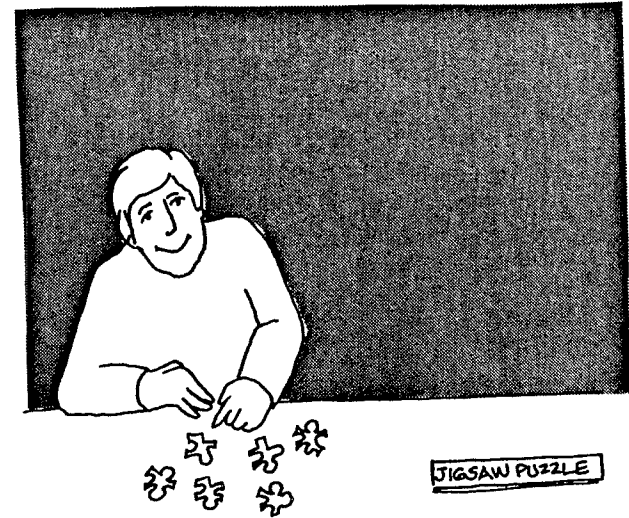
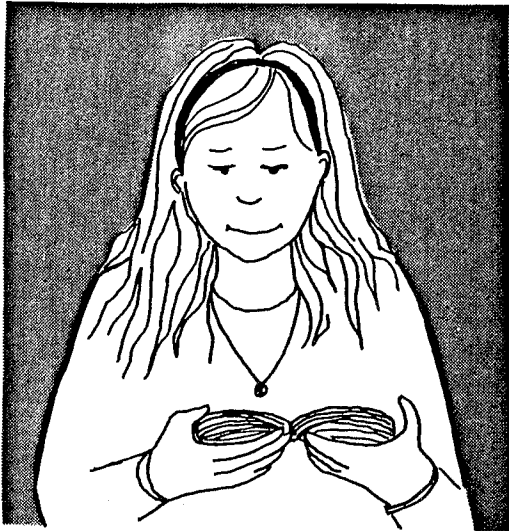
Having fun is important in a **recovery** program.



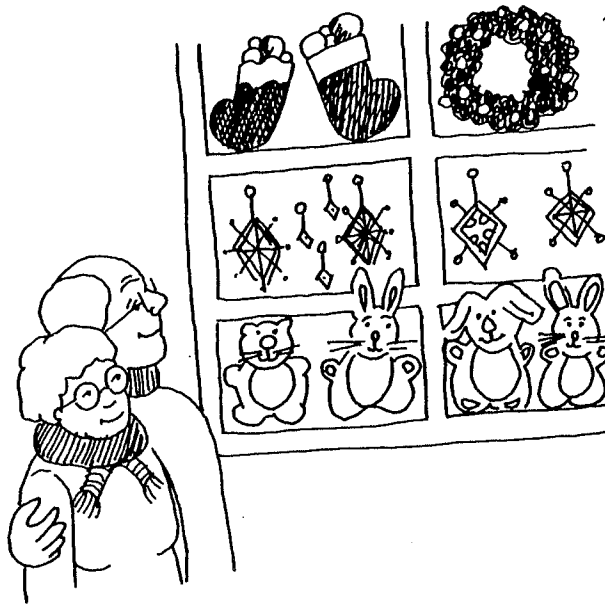
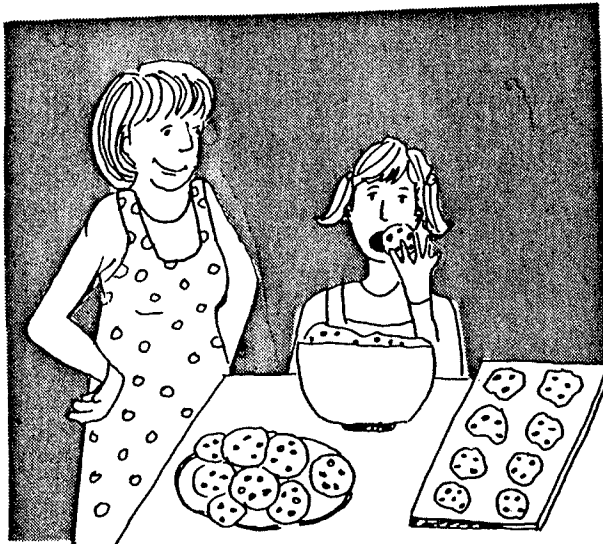
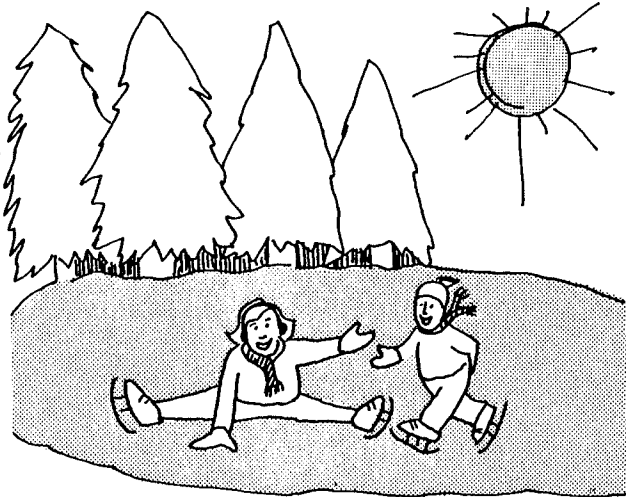
There are many fun things you can do with other people.



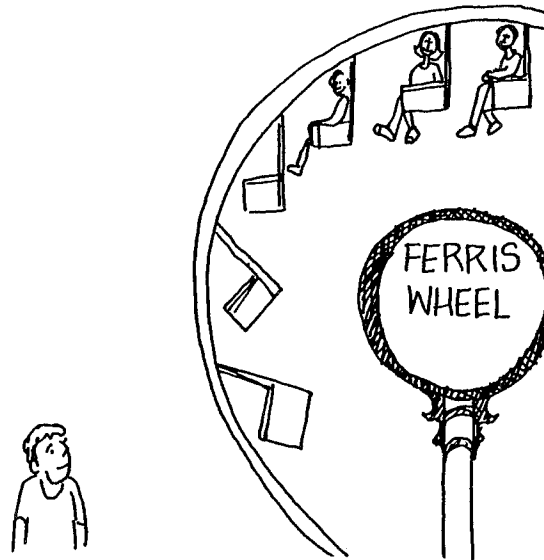
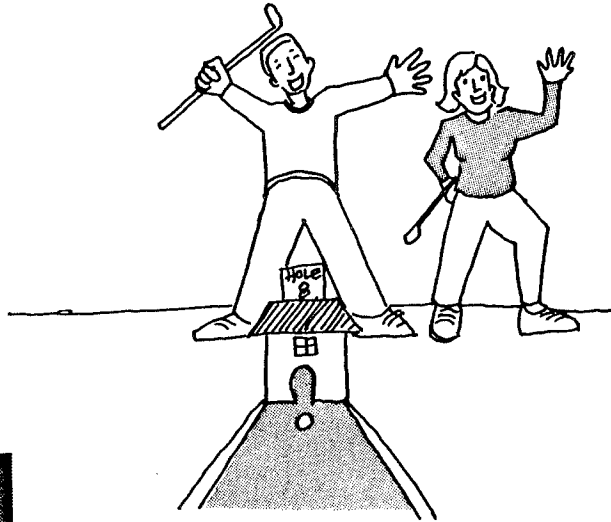
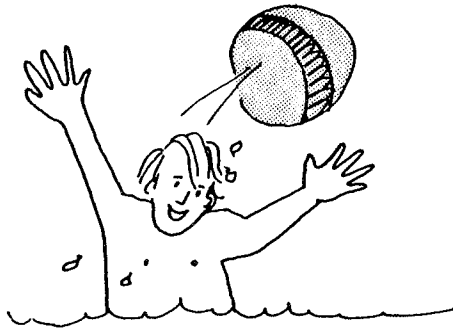
There are many fun things you can do by yourself.



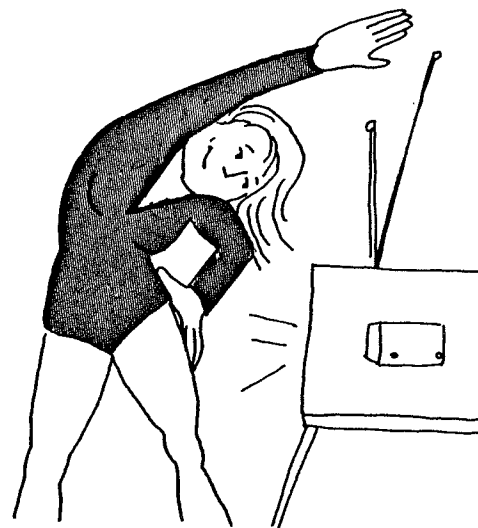
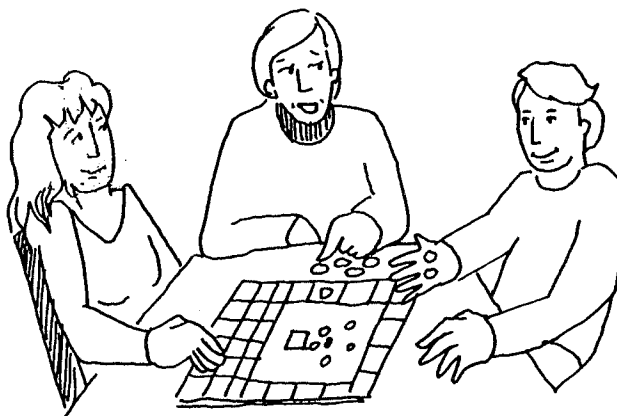
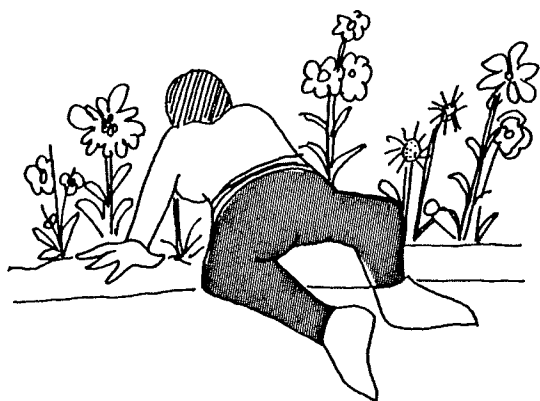
There are many fun things you can do in the winter.



There are many fun things you can do in the summer.



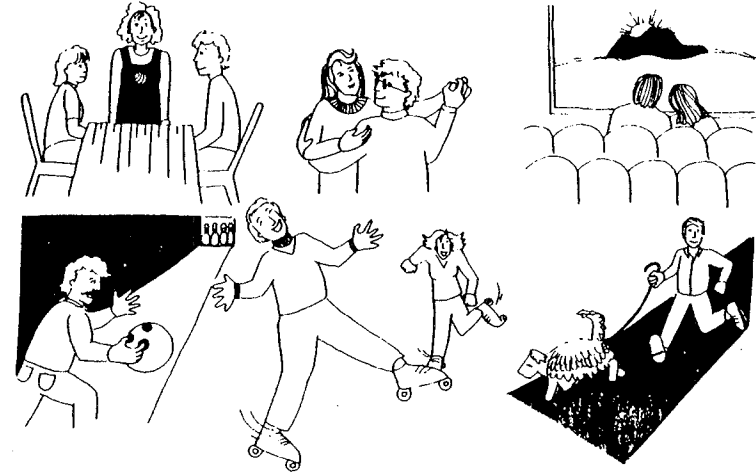
There are many fun things you can do at home.



a. What is important in a **recovery** program?  
(p. 138)



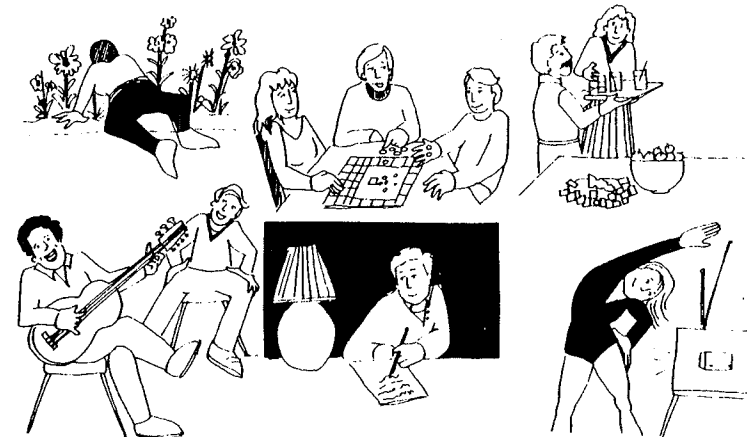
b. Name one fun thing to do with other people?(p. 139)



c. Name one fun thing to do by yourself?  
(p. 140)



d. Name one fun thing you can do at home?  
(p. 143)





## **XII. Making Decisions**



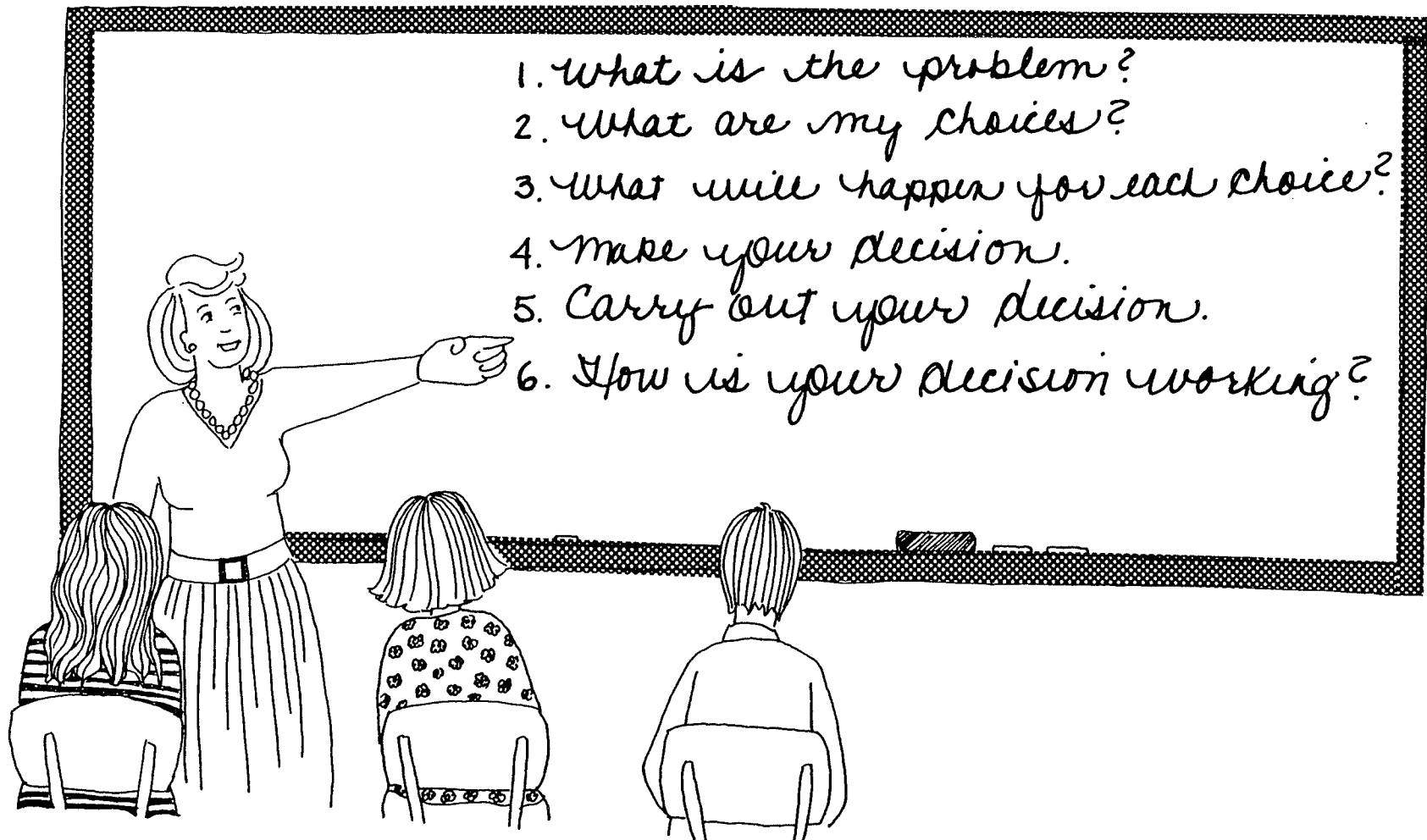
It is important to know how to make decisions.



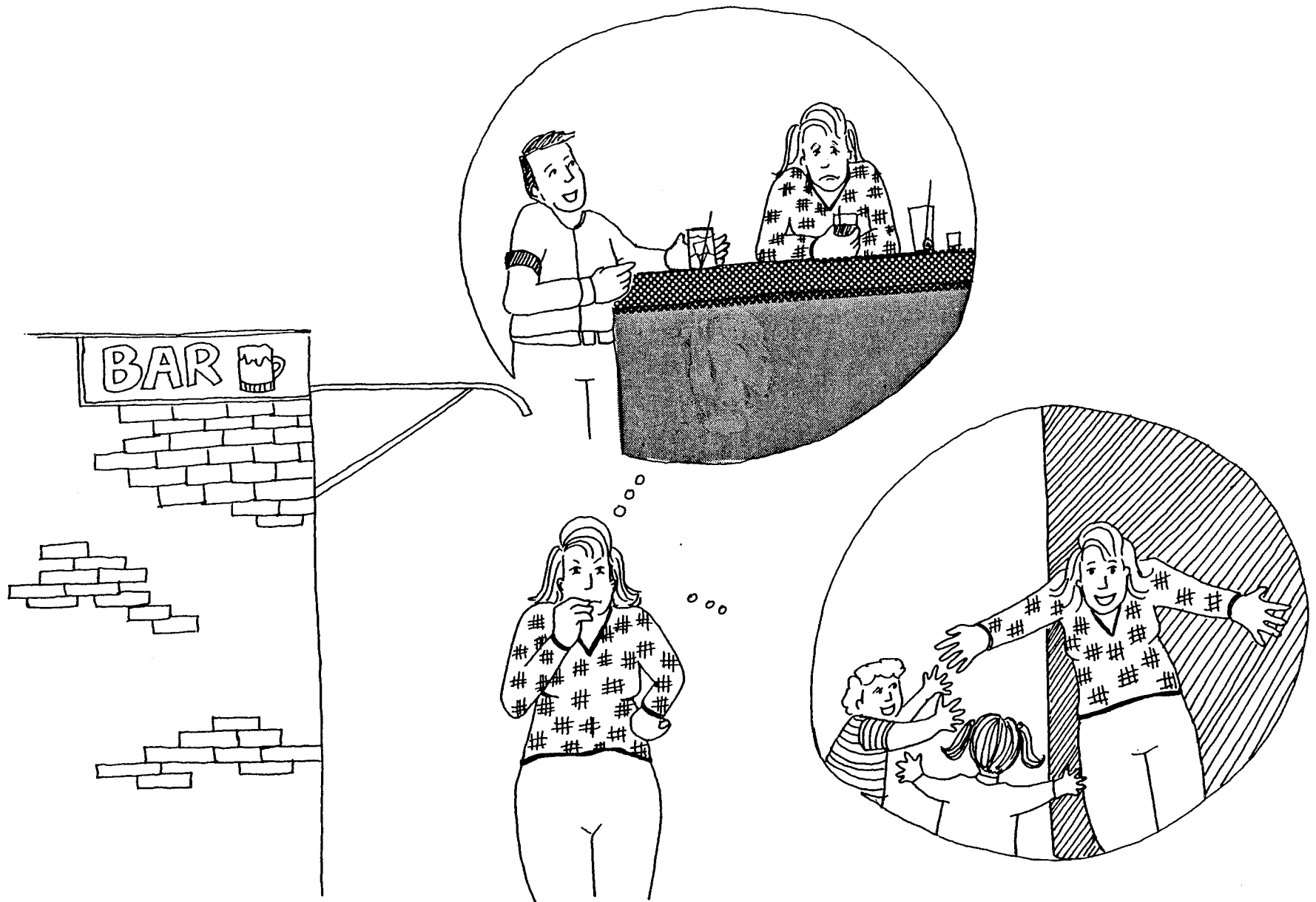
Alcoholics often have trouble making decisions.



You can learn how to make decisions.

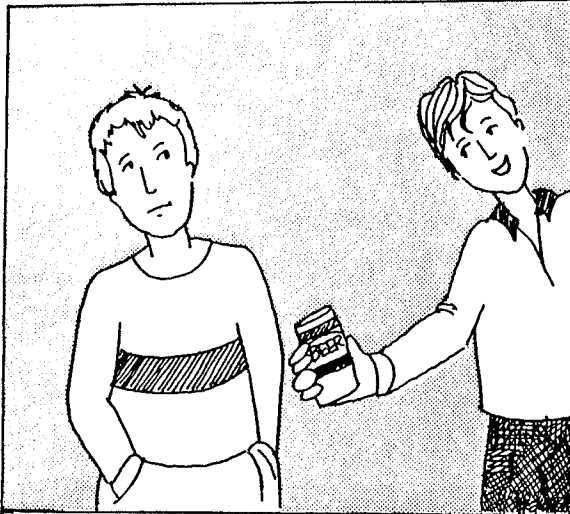


Making a decision is making a choice.



# There are 6-steps to follow, when making a decision:

1. Ask, "What is the problem?"



2. Ask, "What are my choices?"



3. Ask, "What will happen for each choice?"



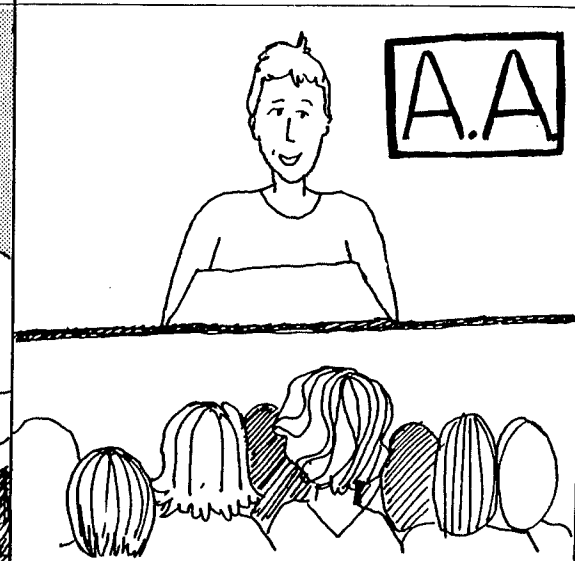
4. Make your decision.



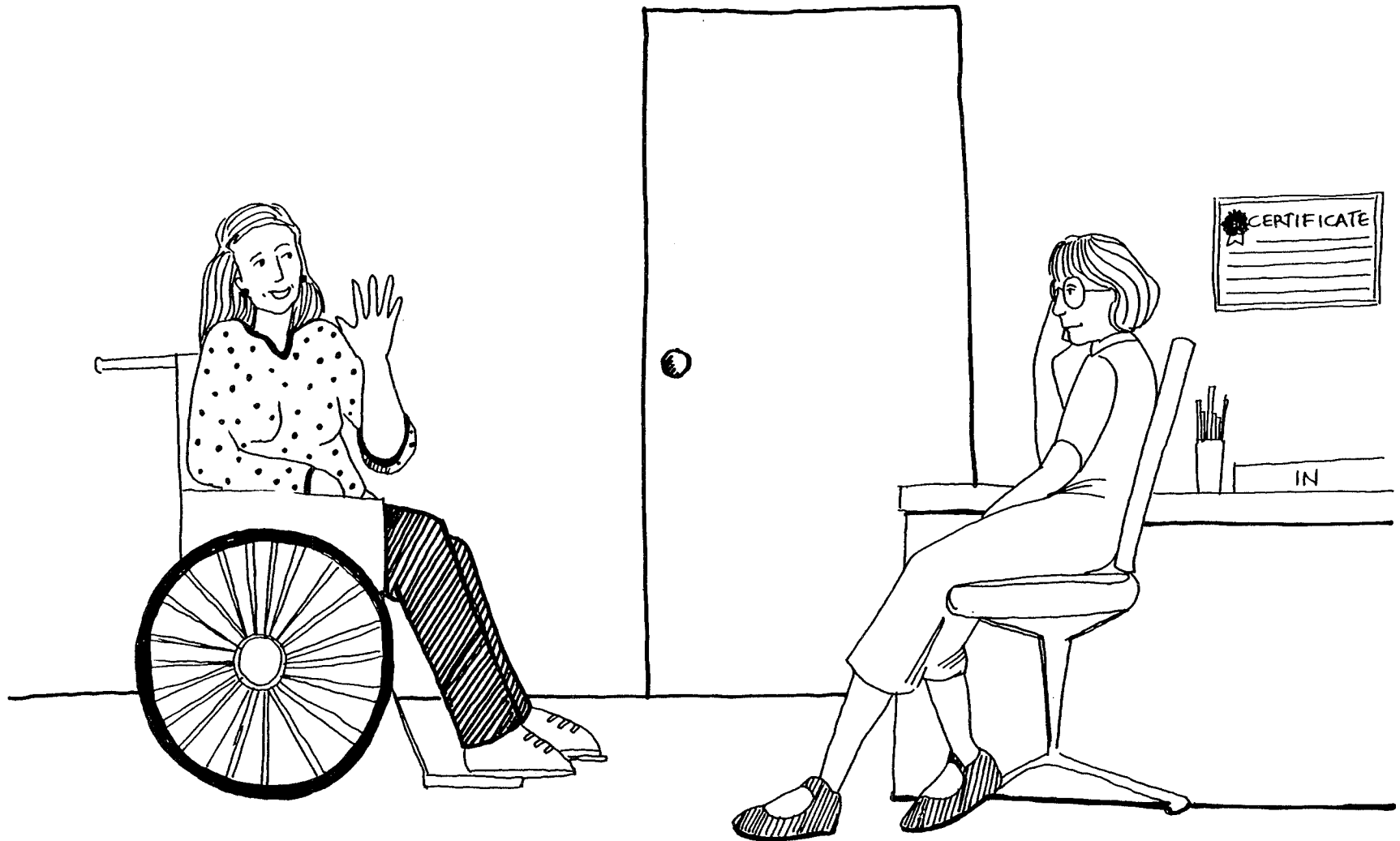
5. Carry out your decision.



6. Ask, "How is my decision working?"



Share with your counselor a decision you made today.

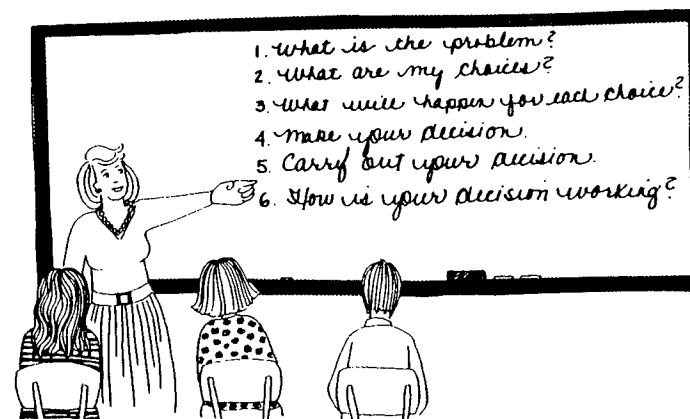




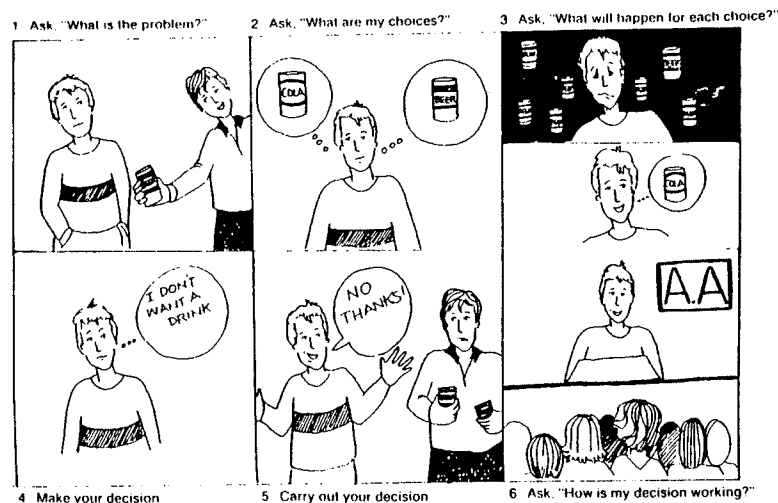
a. What do alcoholics have trouble making?  
(p. 148)



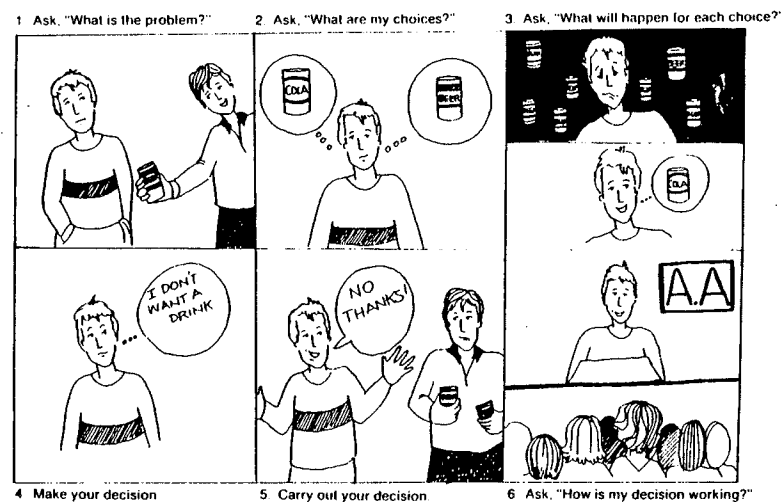
b. How can you learn to make a decision?  
(p. 149)



c. What is the 1st step in making a decision?  
(p. 151)



d. What is the 6th step in making a decision?  
(p. 151)





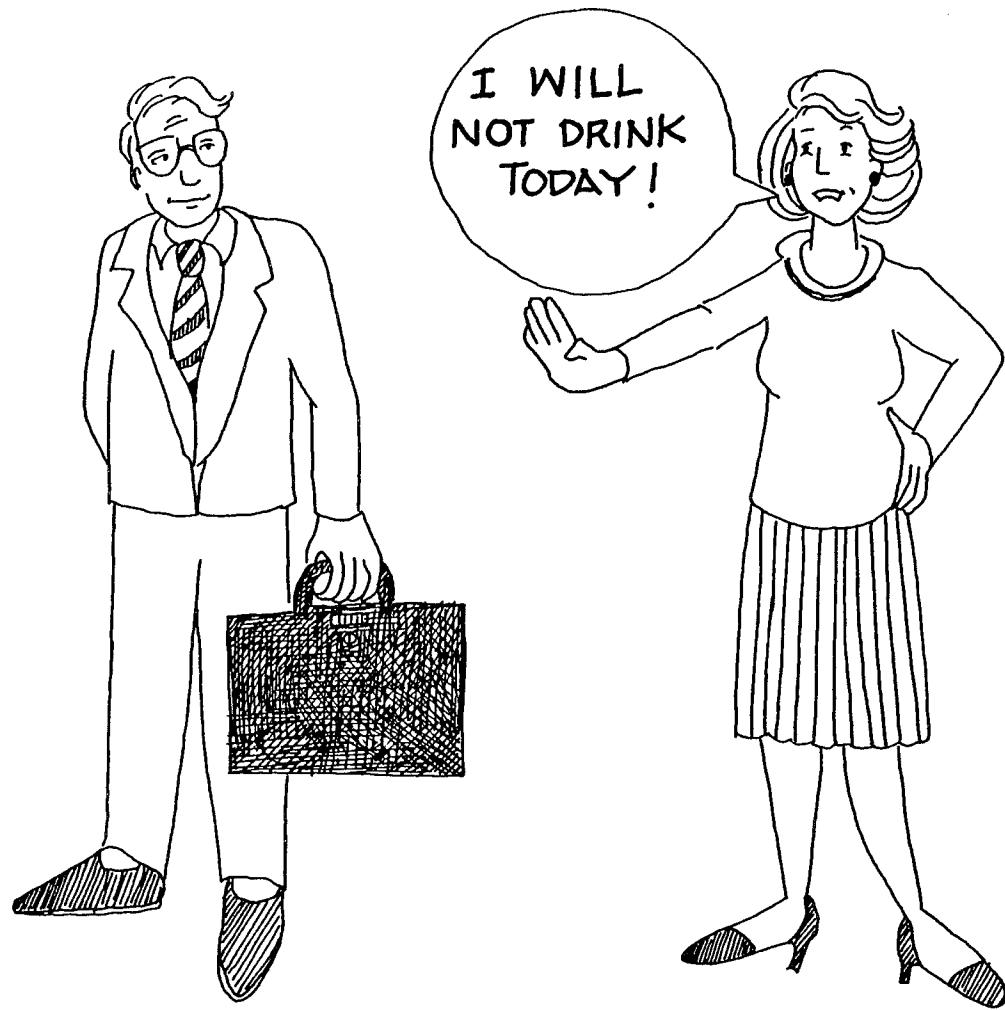
## **XIII. A Plan For Recovery**



The only way to control **alcoholism** is to never use alcohol or other drugs again.



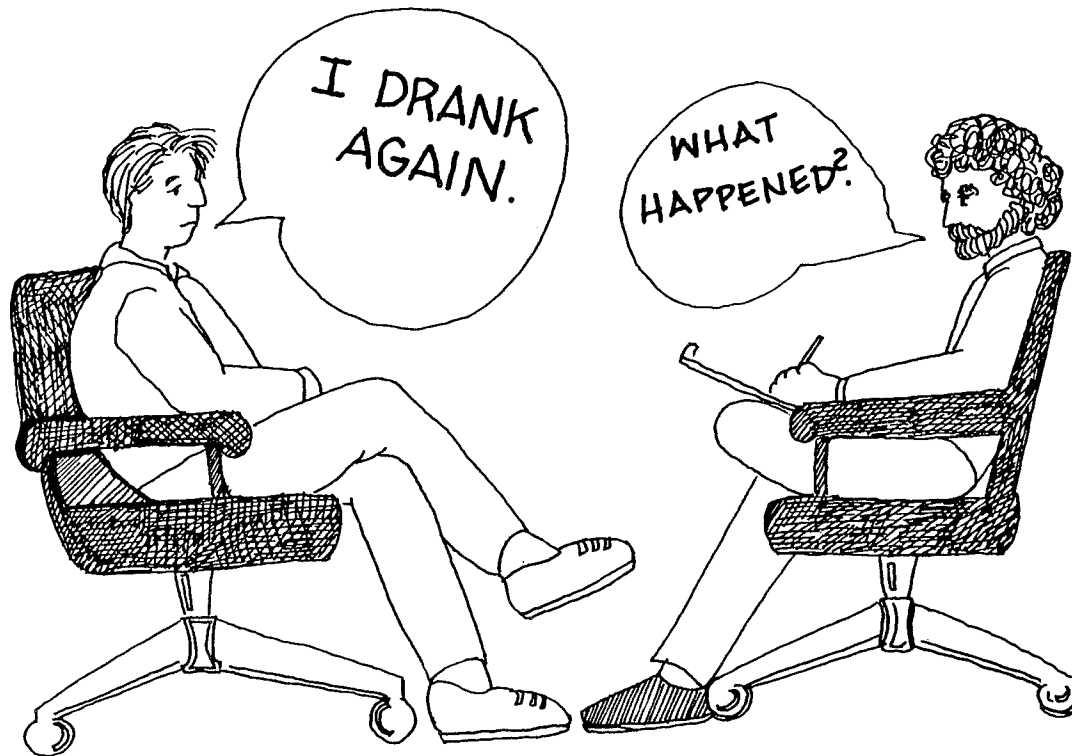
You can stay **sober** only one day at a time.



To **relapse** means to drink or use other drugs again.



Some alcoholics **relapse** after quitting for the 1st time.

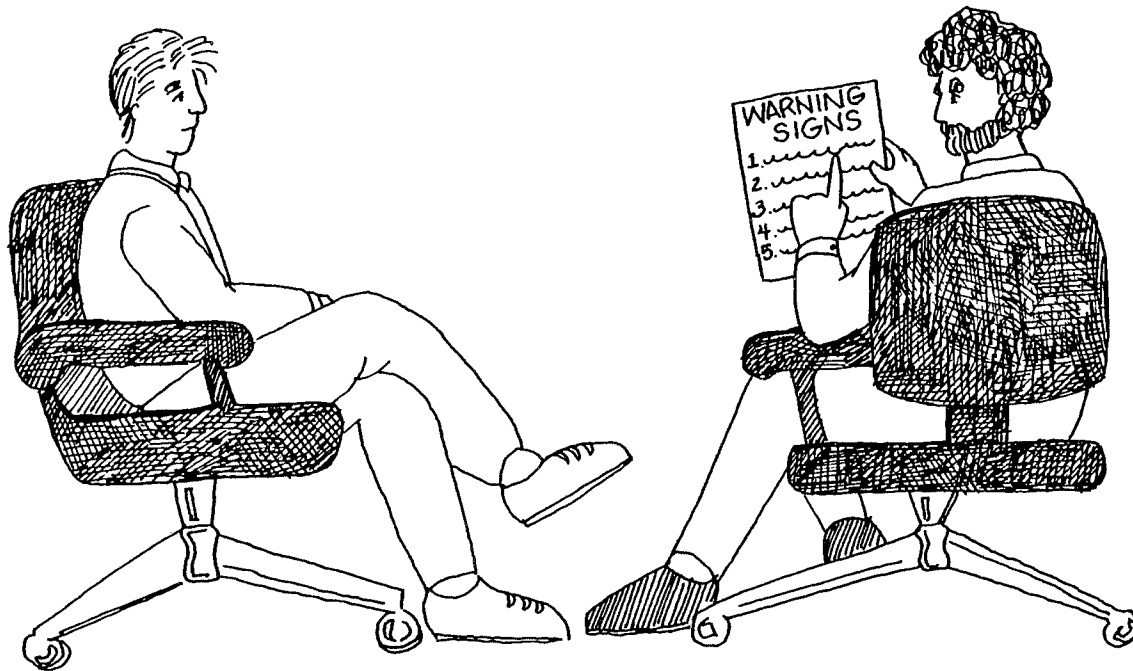




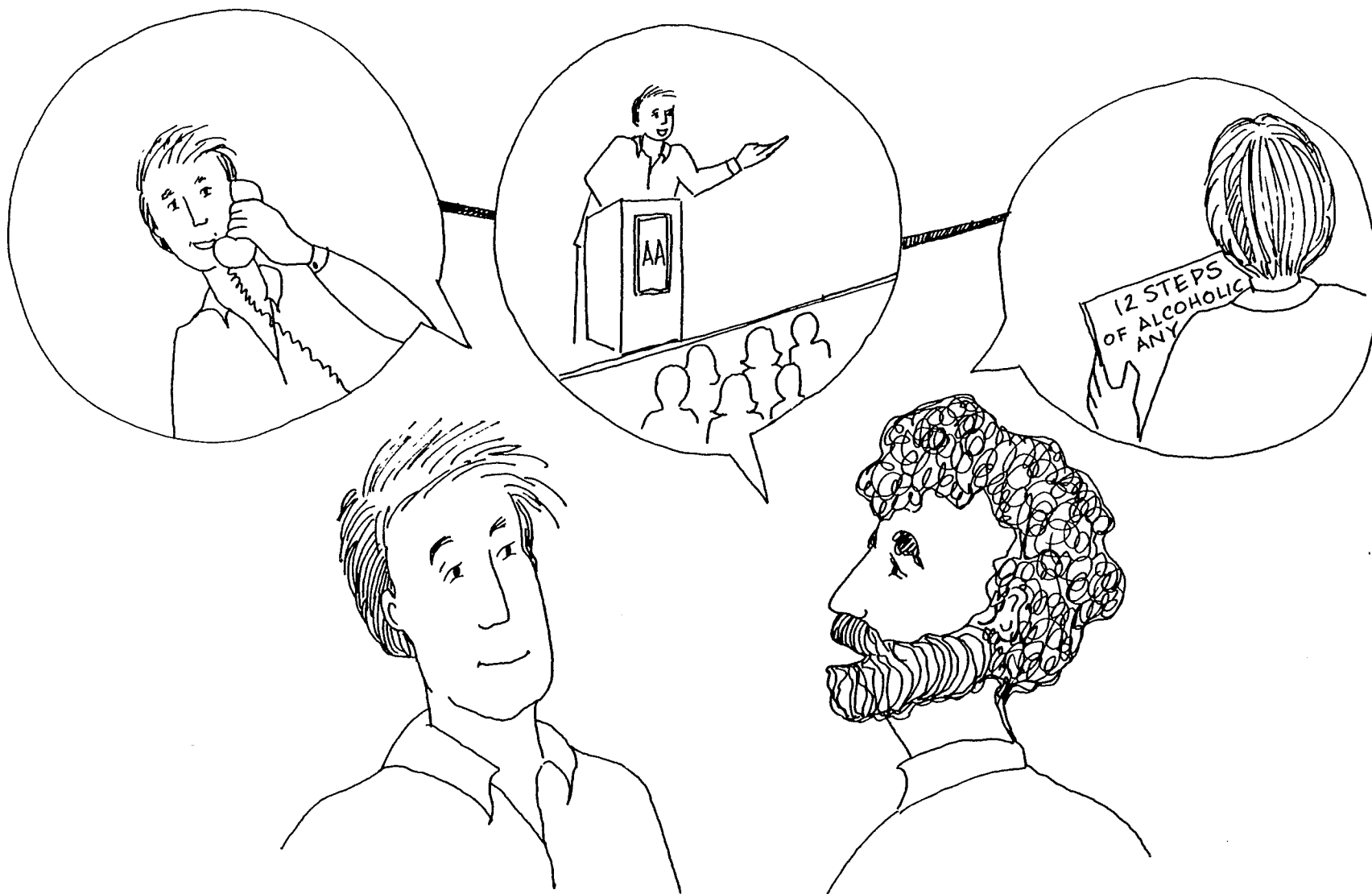
Alcoholics **relapse** because they do not know how to stay **sober**.



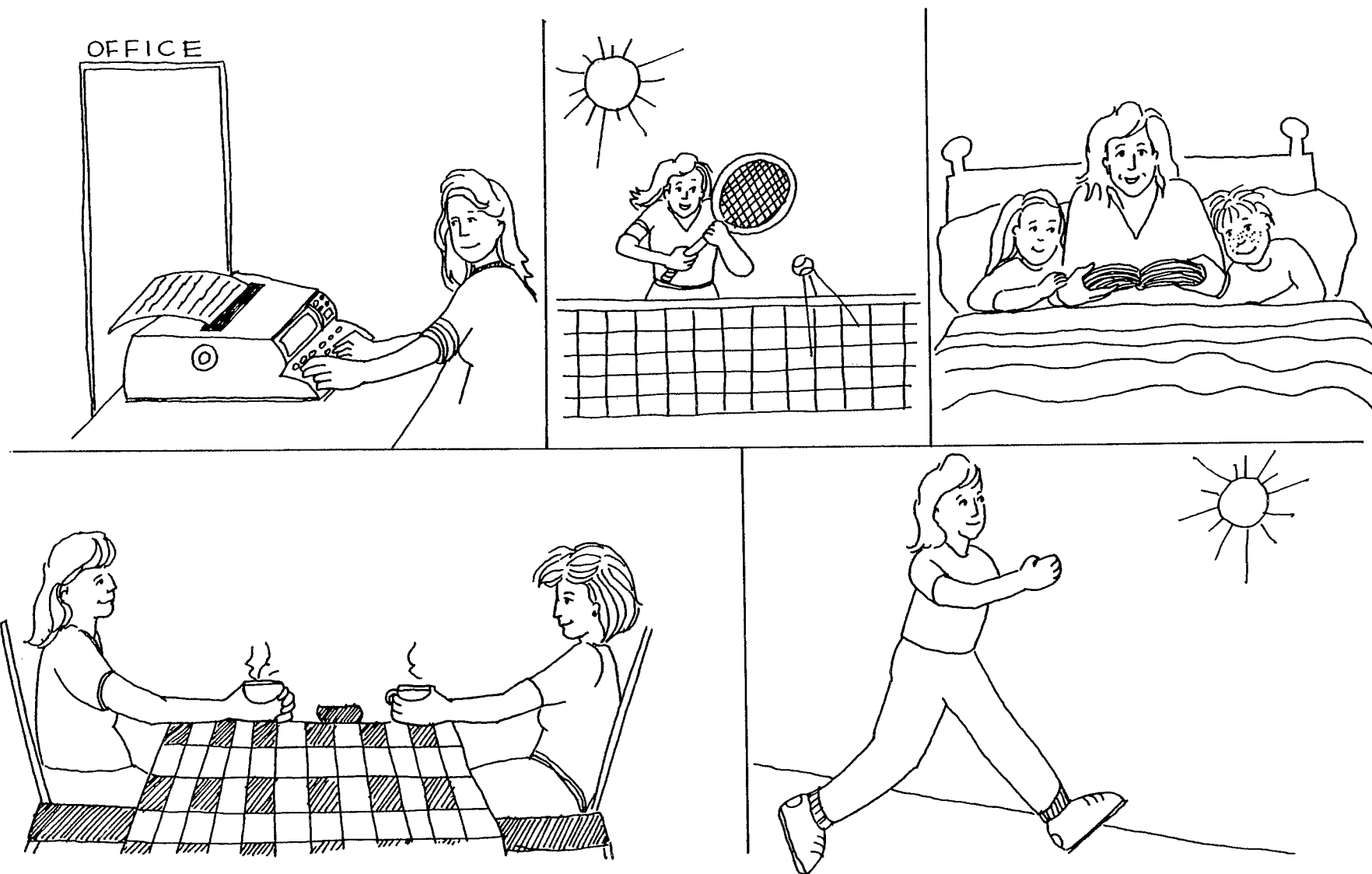
**Warning signs** are changes in what you think and do that can cause a **relapse**.



You can stop a **relapse** by making a plan for your **recovery**.



Planning time for work, play, family, friends,  
and yourself will help you to stay **sober**.



Do a daily **inventory** so you can see the **relapse warning signs**.

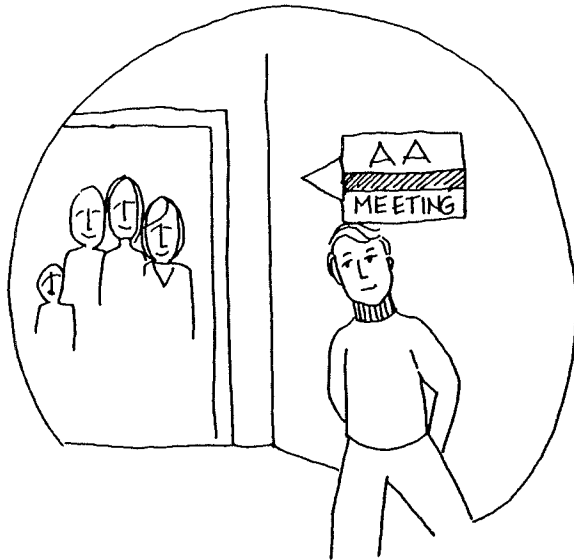
MARCH						
MON 1	TUES 2	WED 3	THURS 4	FRI 5	SAT 6	SUN 7
✓	✓	✓				
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Decide which **warning signs** may cause you the most trouble.



Decide what to do if you see **warning signs**.



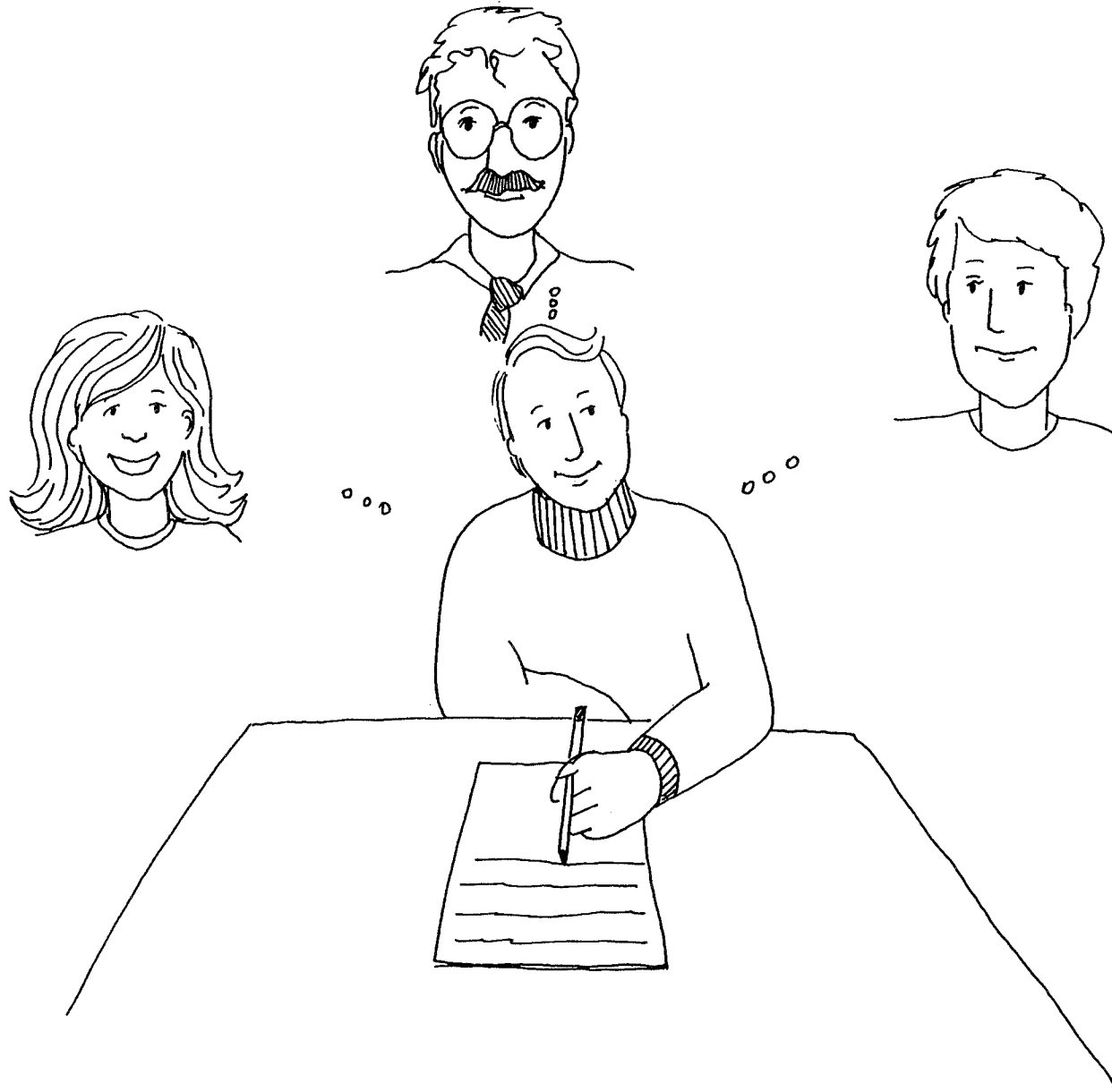
go to an A.A. meeting



call someone



Make a list of the people who will help you stay **sober**.





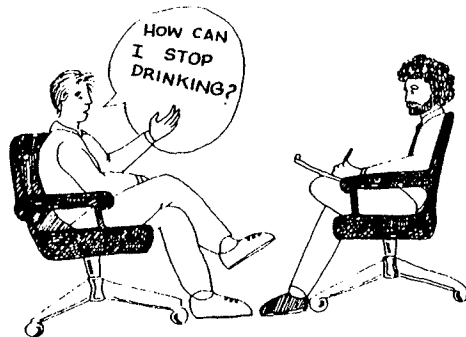
a. What is the only way to control **alcoholism**? (p. 157)



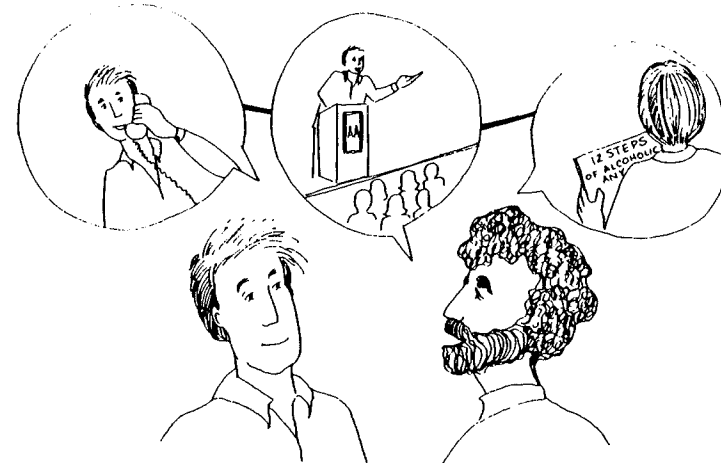
b. What does **relapse** mean? (p. 159)



c. Why do people **relapse**? (p. 161)



d. How can you stop from having a **relapse**? (p. 163)

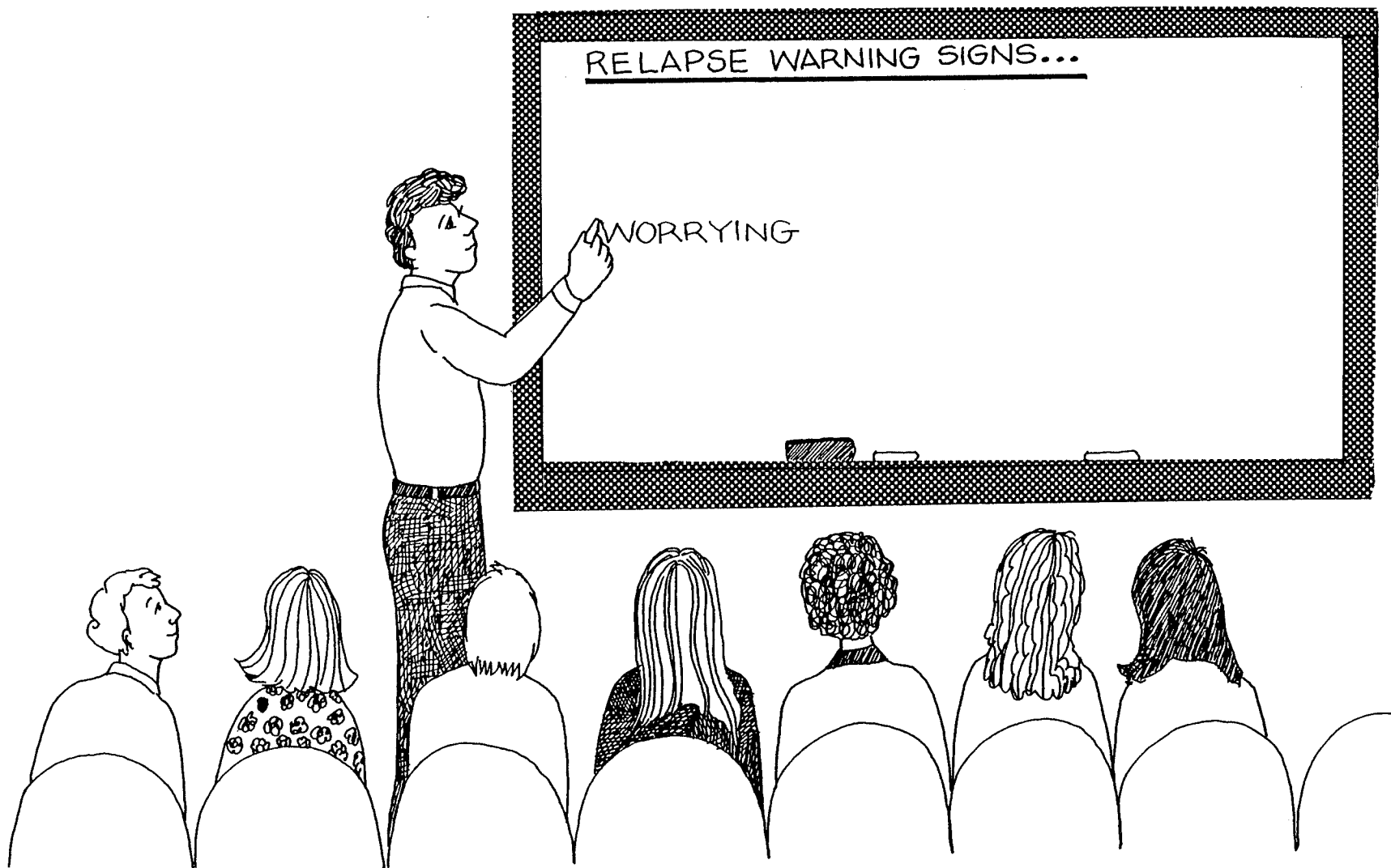




## **XIV. Warning Signs**



You must know your **relapse warning signs** to stay **sober**.



Worrying that there isn't anything else to do but drink is a **relapse warning sign**.



Feeling sure you will never drink again is a **relapse warning sign.**

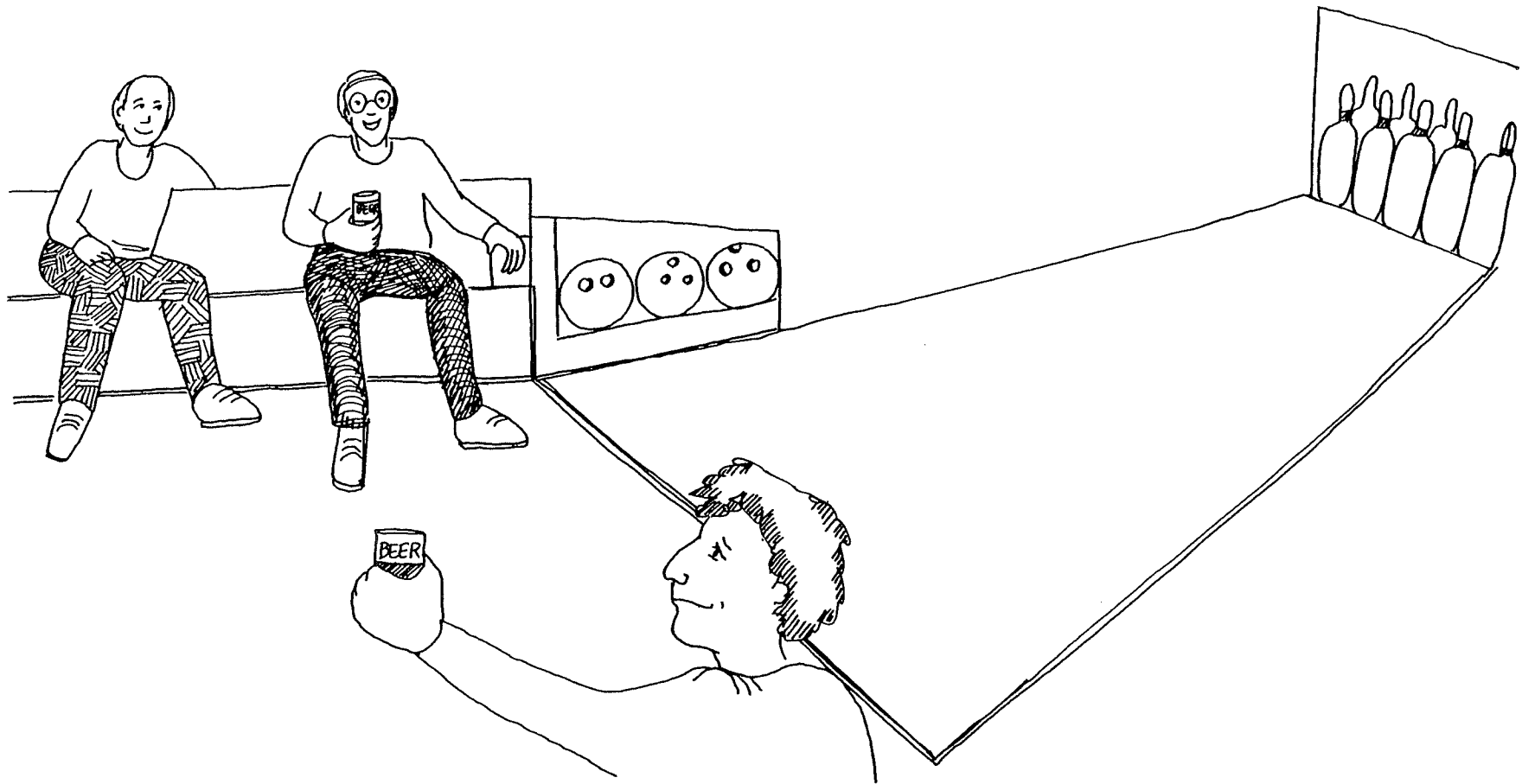


Getting angry when people talk to you about staying **sober** is a **relapse warning sign**.





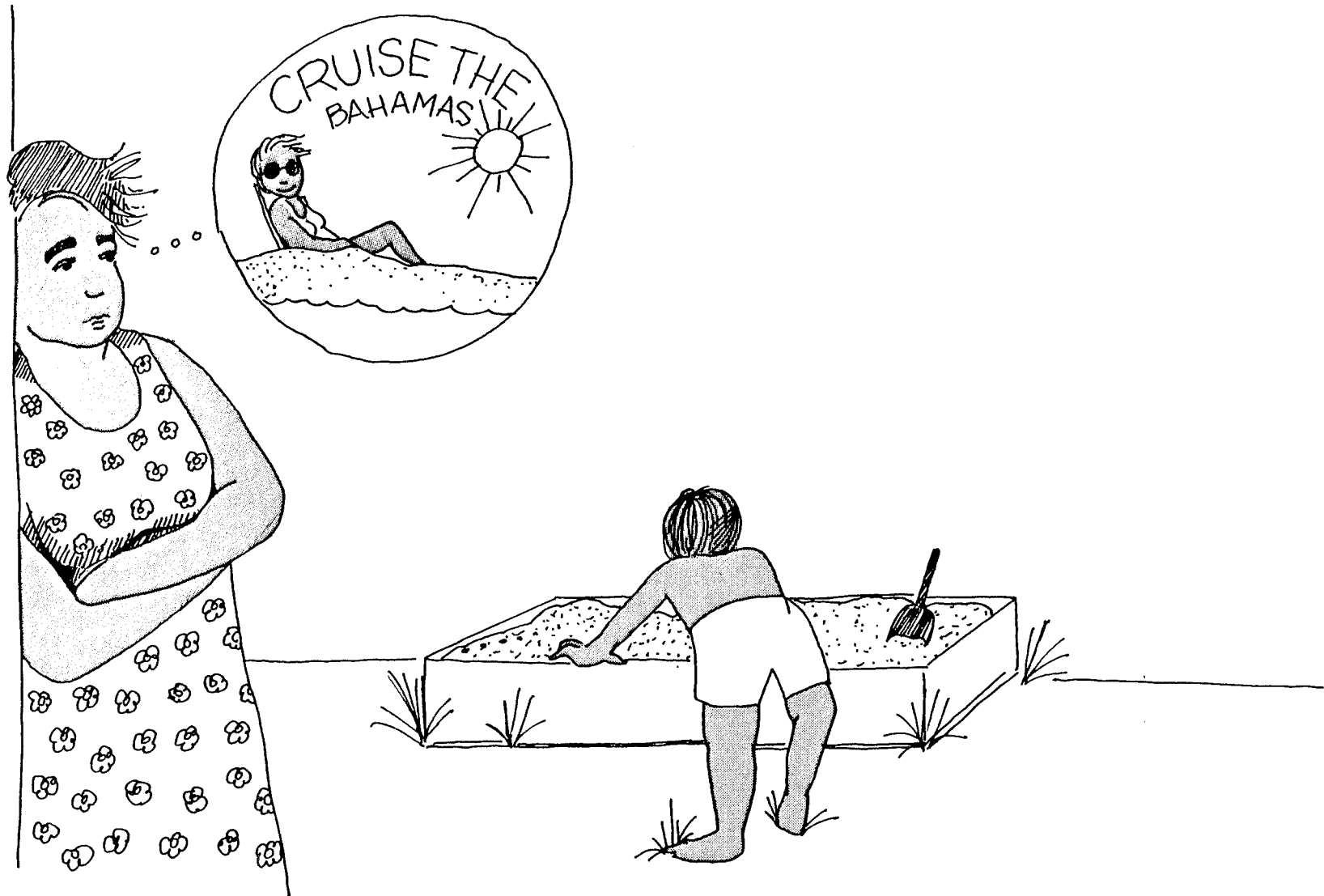
Staying away from other **sober** people is a **relapse warning sign**.



Feeling sorry for yourself is a **relapse warning sign.**



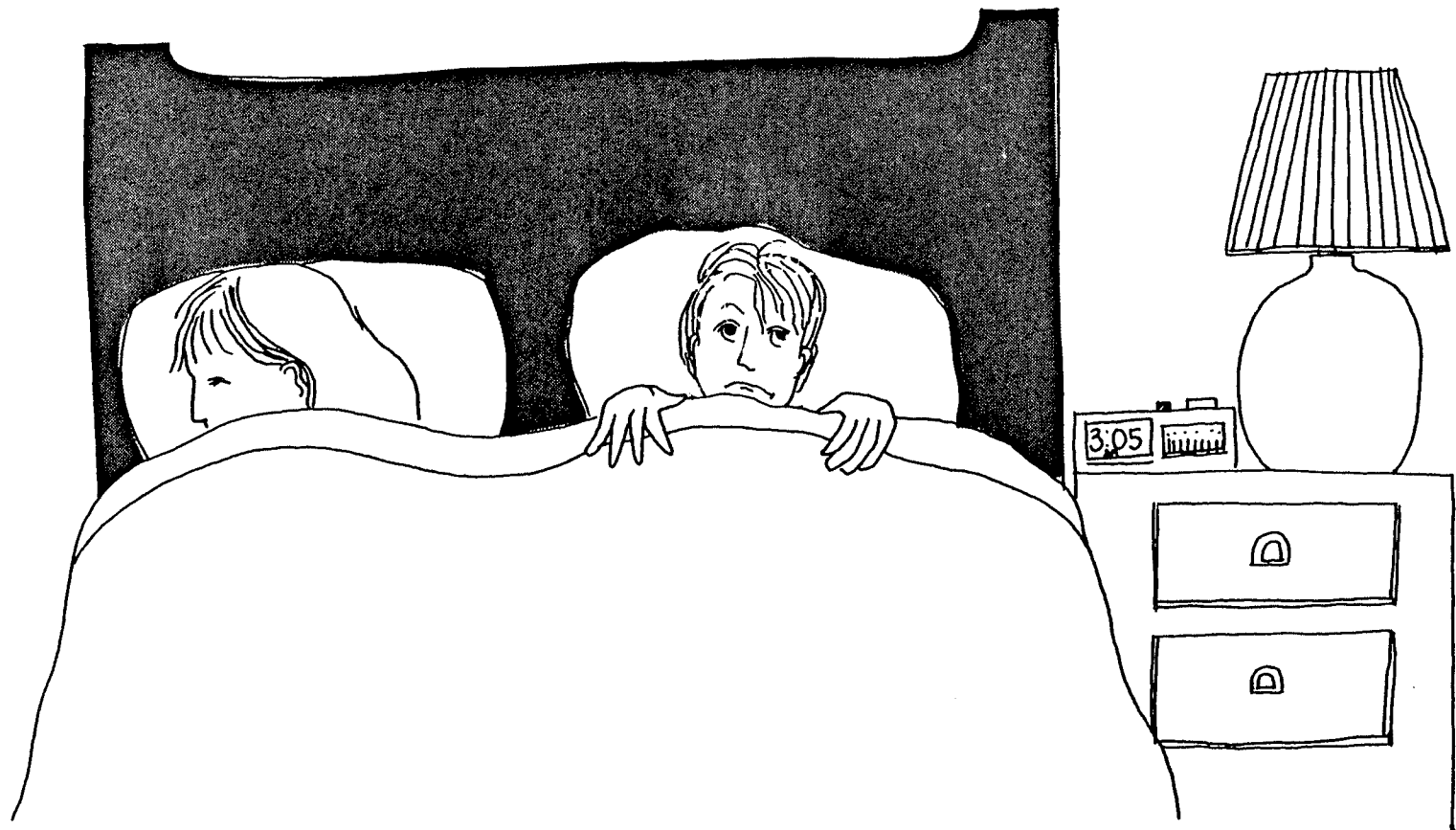
Daydreaming instead of making plans for your life is a **relapse warning sign**.



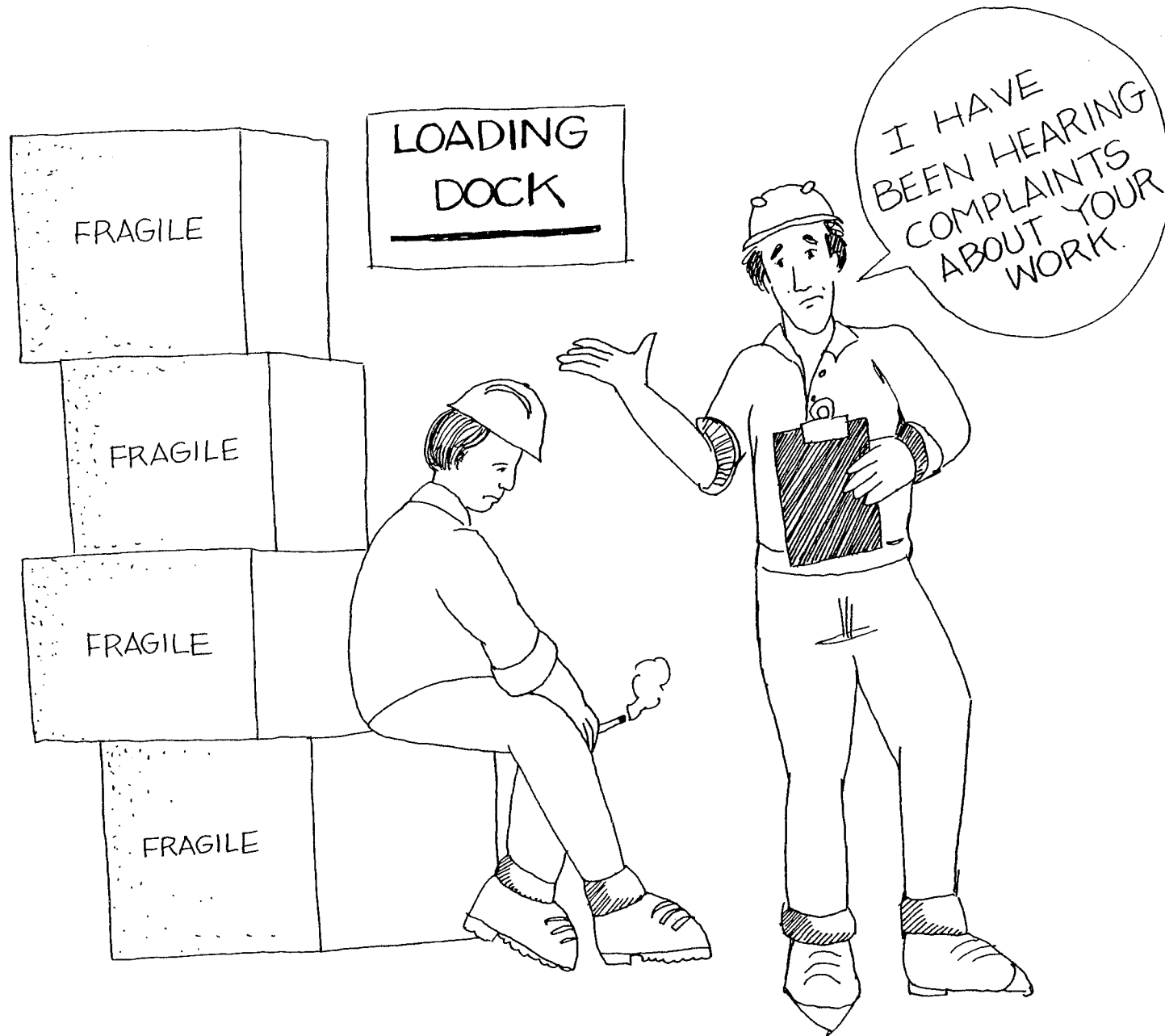
Not eating right is a **relapse warning sign**.



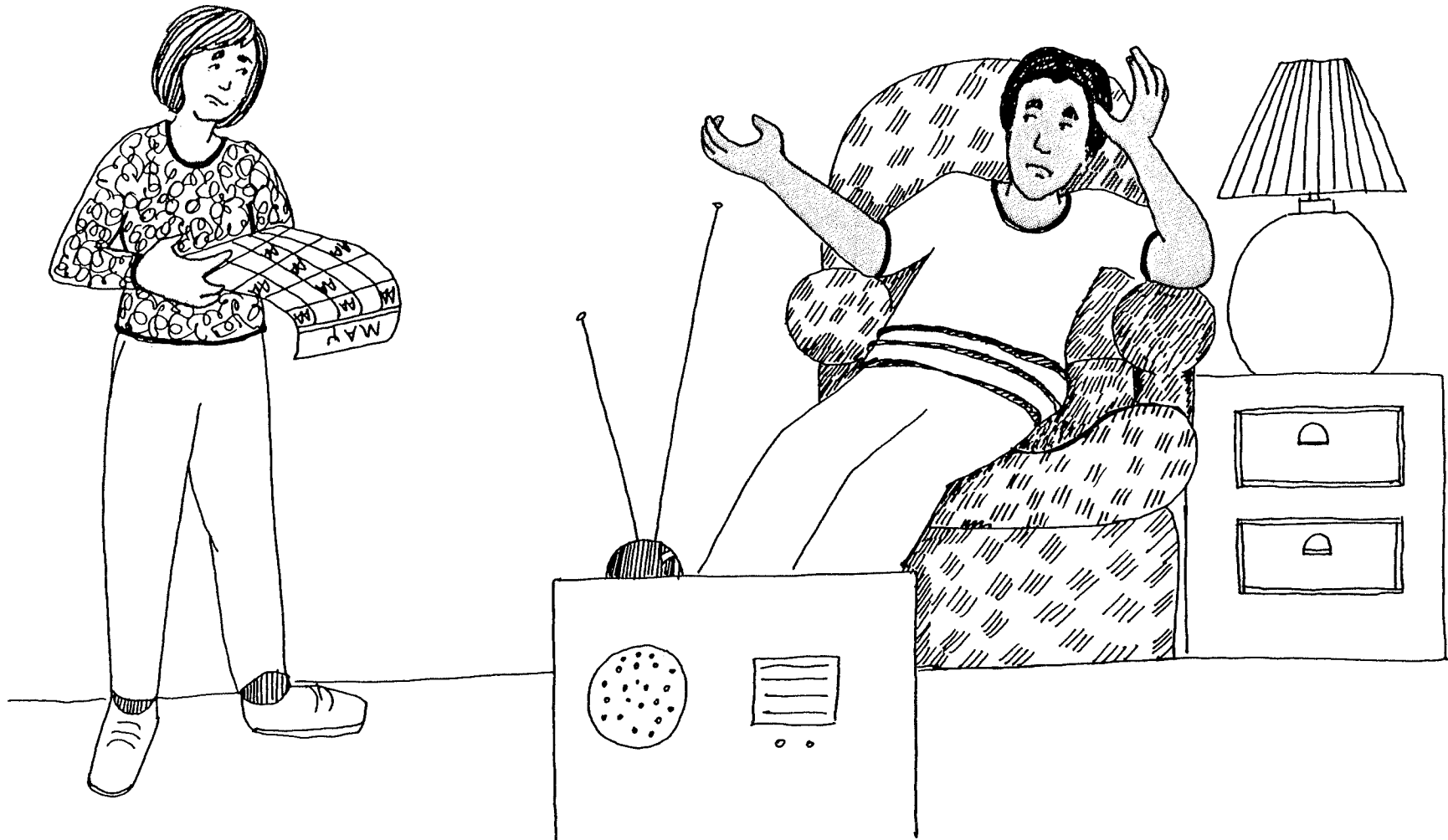
Having problems sleeping is a **relapse warning sign.**



Losing interest in important activities is a **relapse warning sign.**



Feeling like “I don’t care” is a **relapse warning sign.**



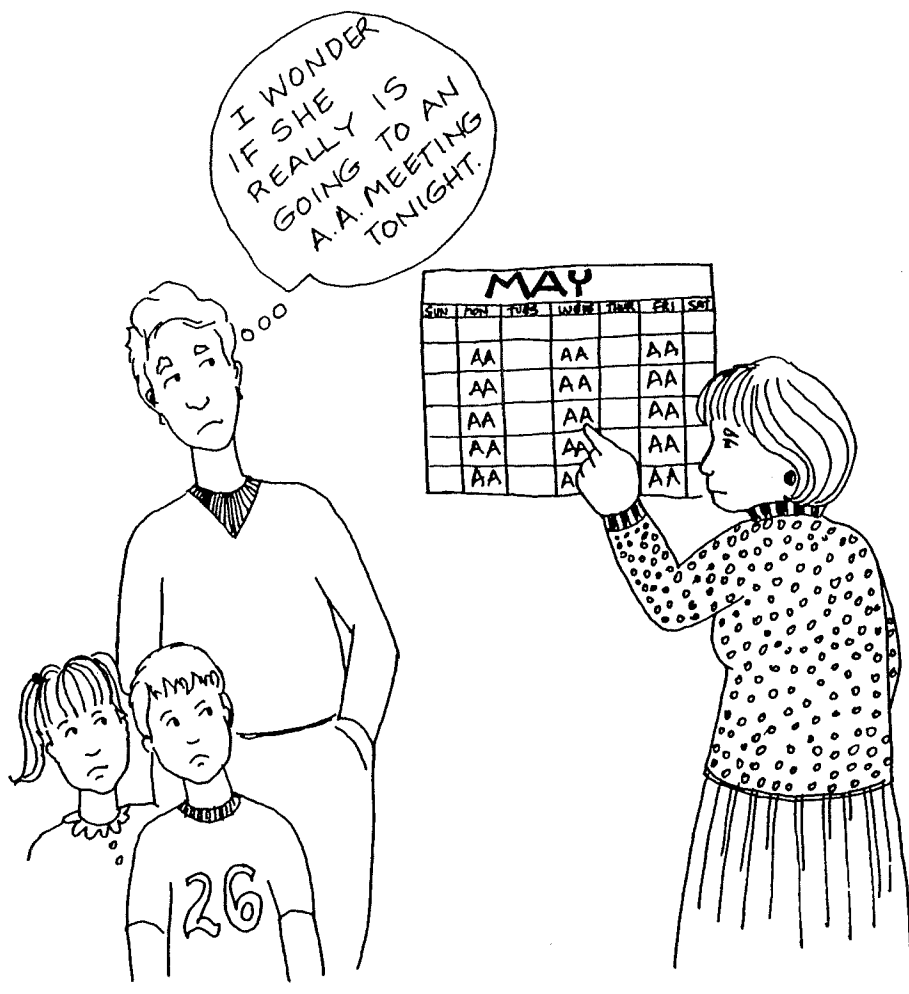
Thinking about drinking or using other drugs again is a **relapse warning sign**.



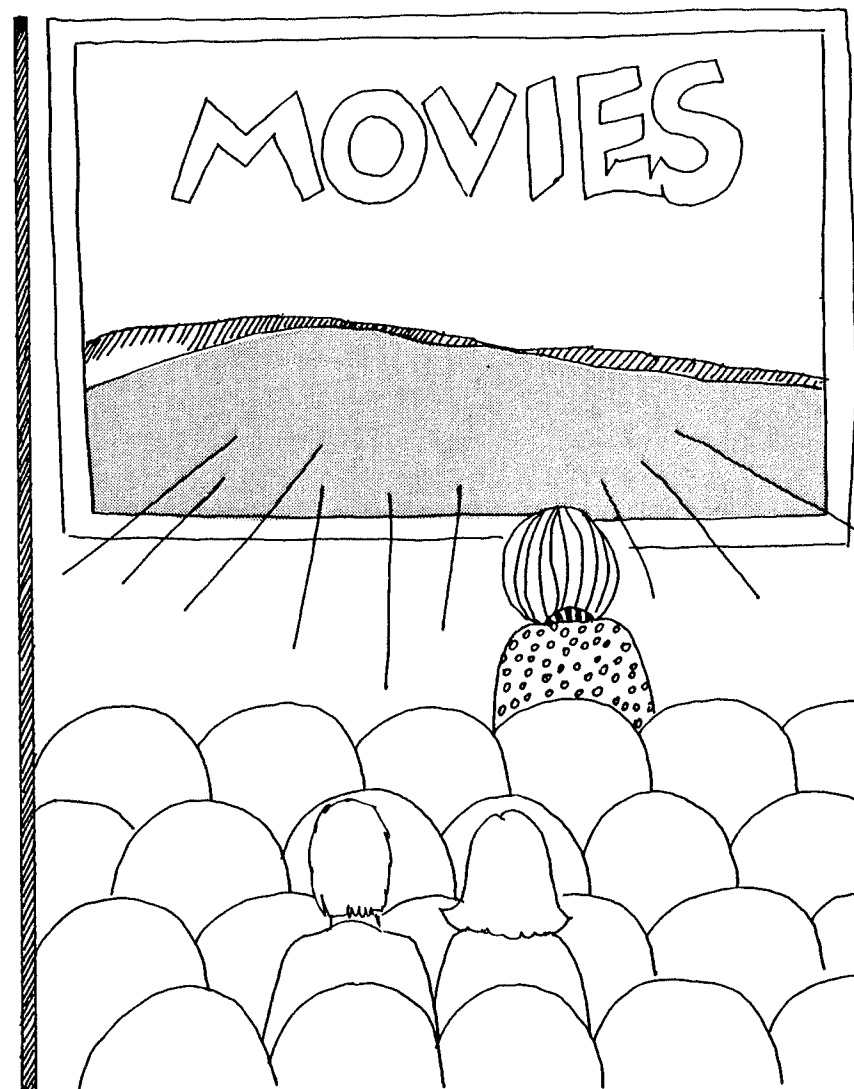


# Lying is a relapse warning sign.

1



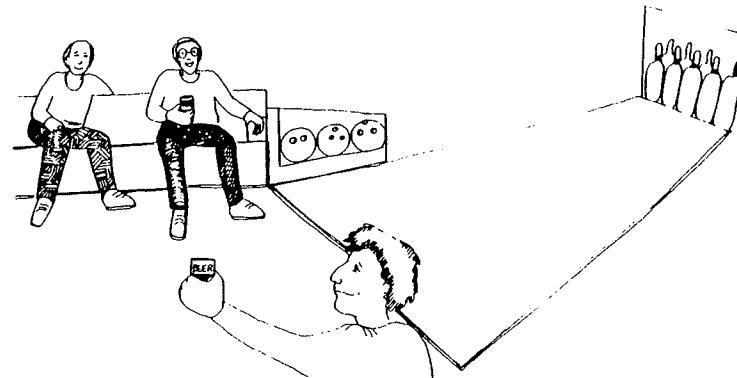
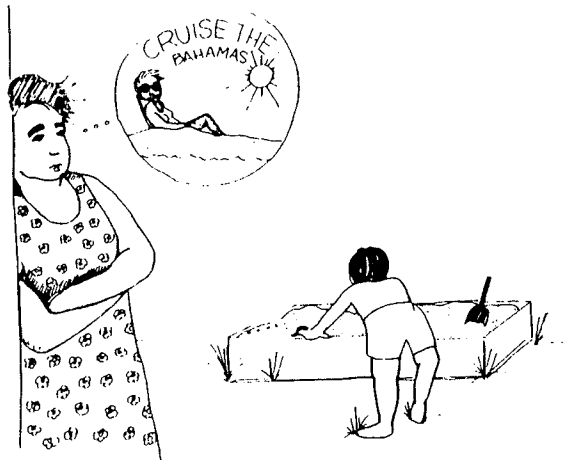
2



## Missing A.A. meetings is a **relapse warning sign.**



Name 4 relapse warning signs.  
(p. 173-185)

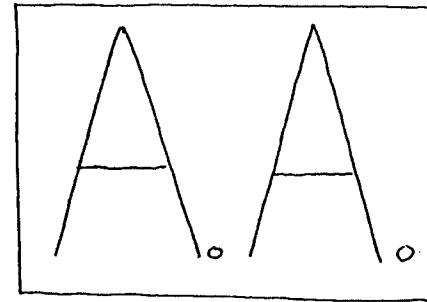
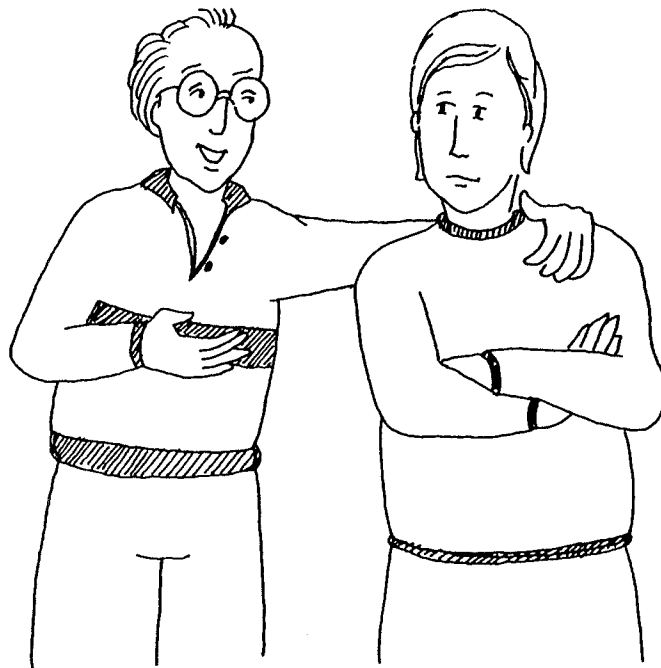




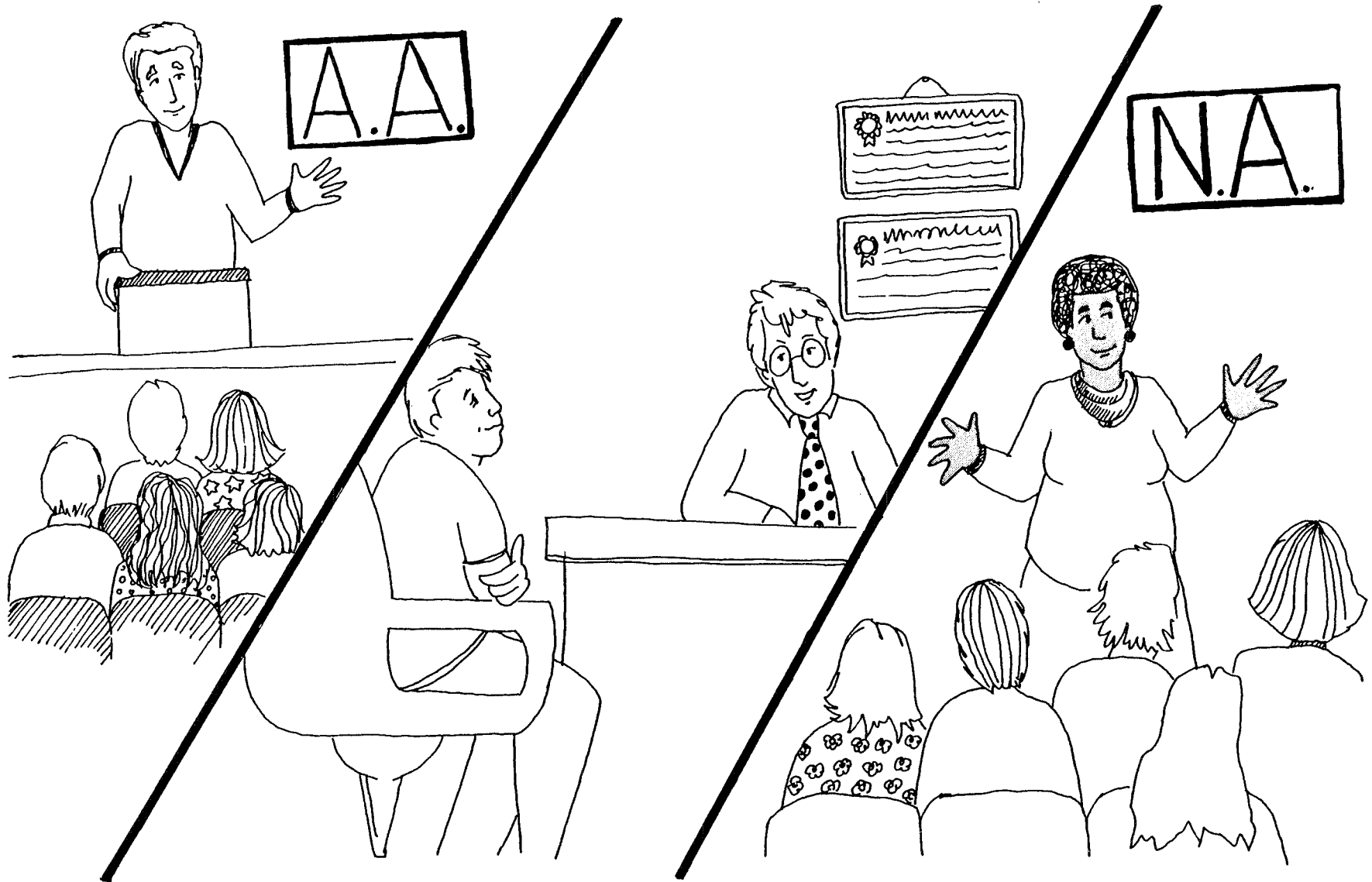
## **XV. Support Services**



You need help to stay **sober**.



There are people and services that can help you with your **alcoholism**.





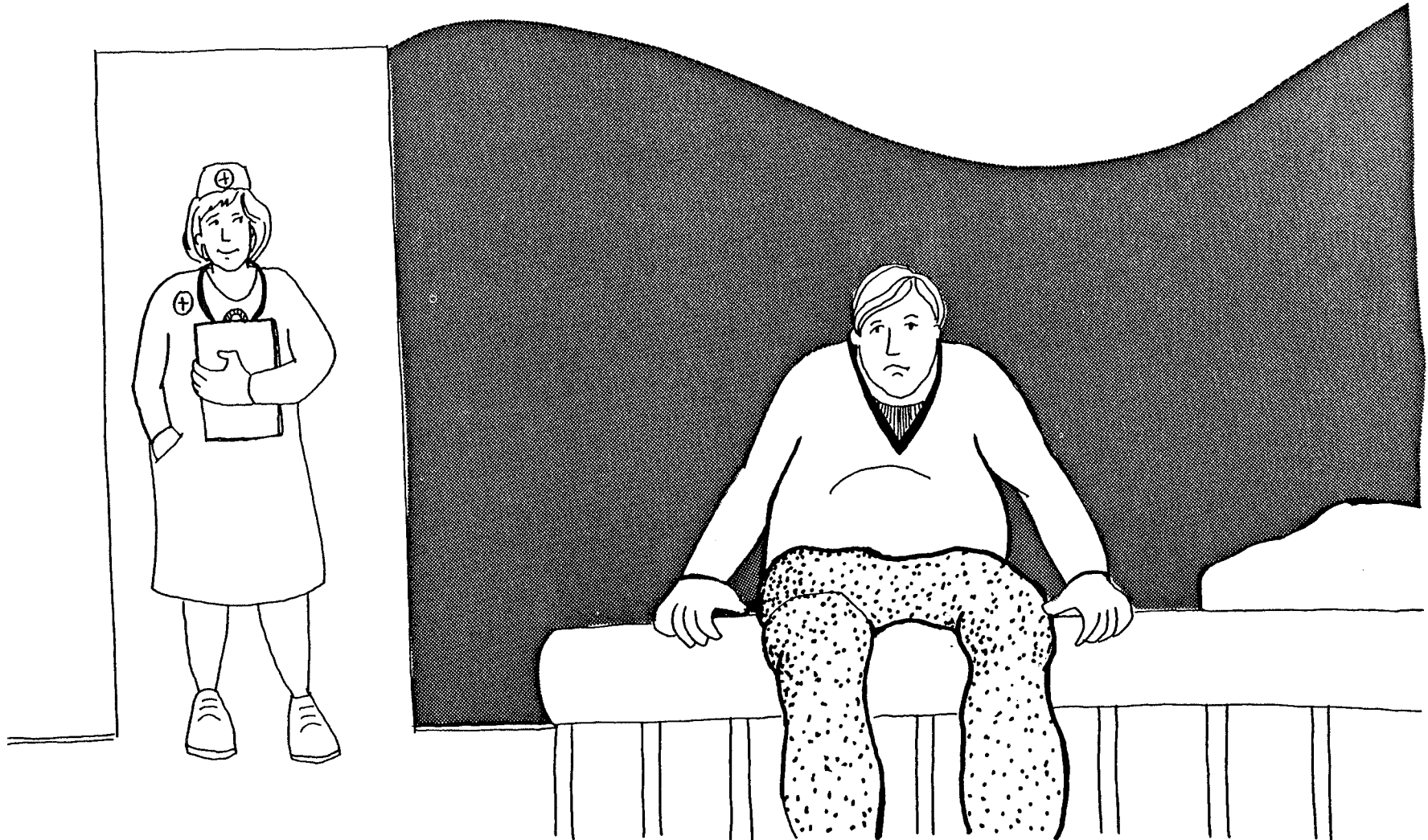
Your family doctor can treat the physical problems caused by **alcoholism**.



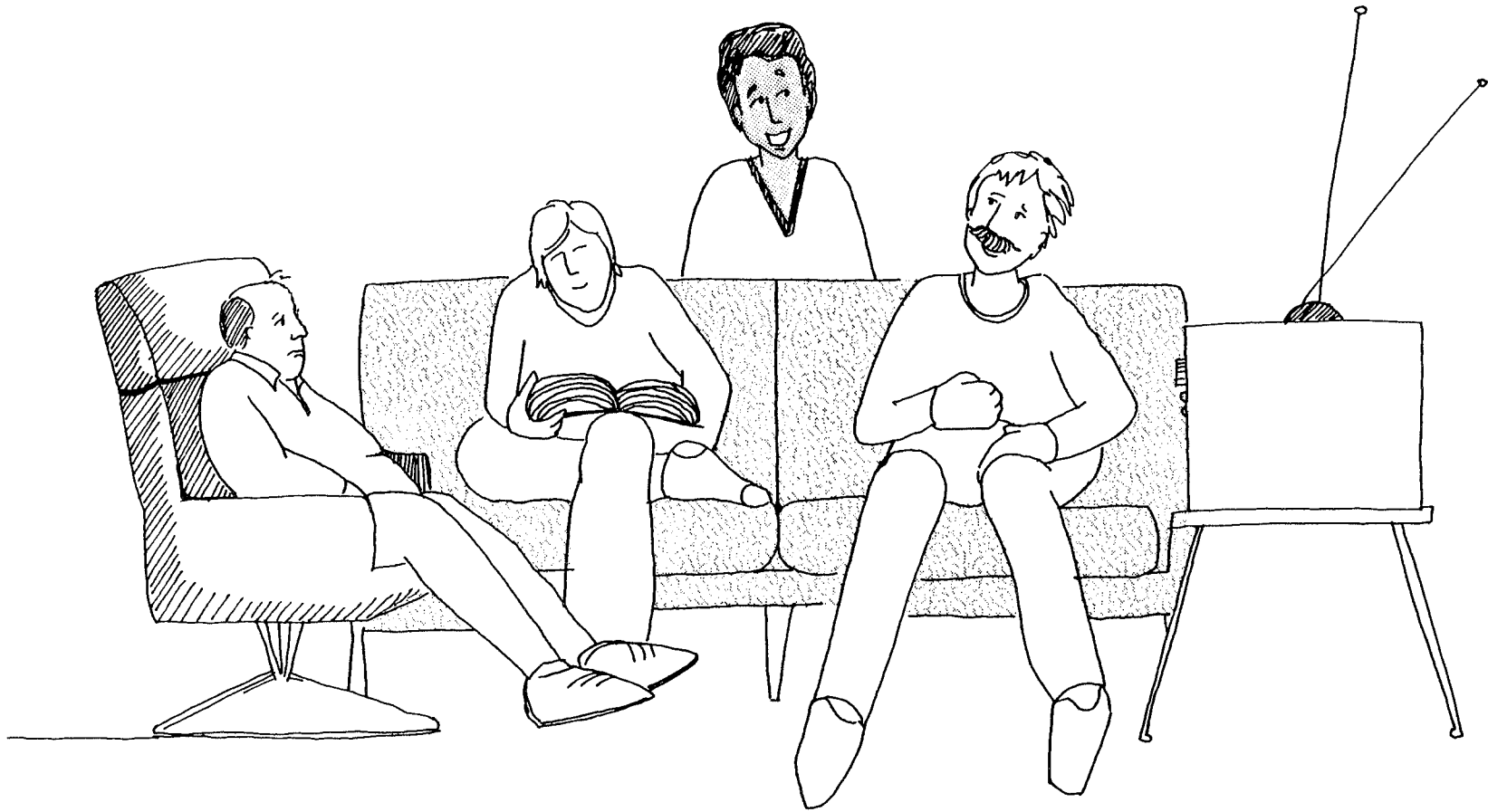
**Outpatient programs** are for alcoholics who can live at home while they get help for their **alcoholism**.



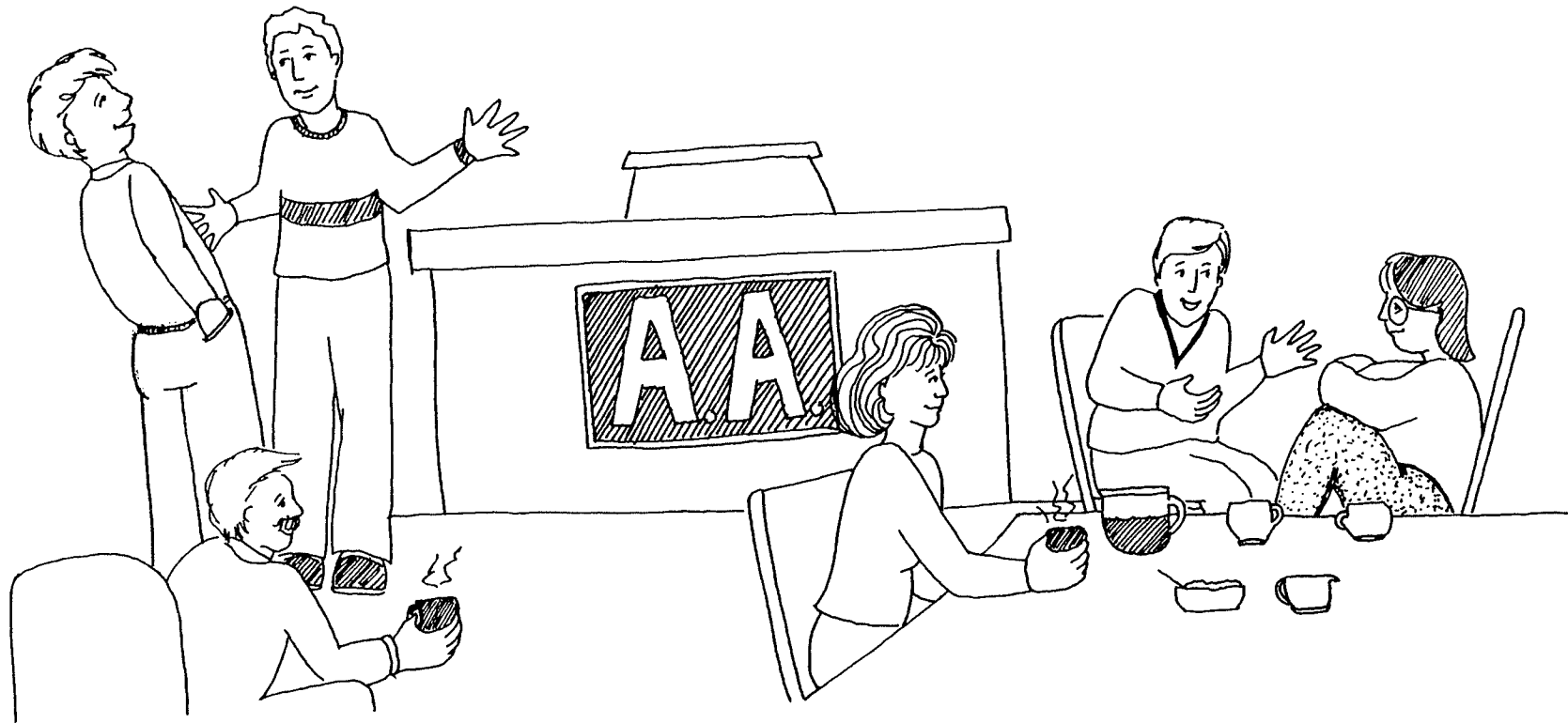
**Inpatient programs** are for alcoholics who need to be away from home while they get medical care and help for their **alcoholism**.



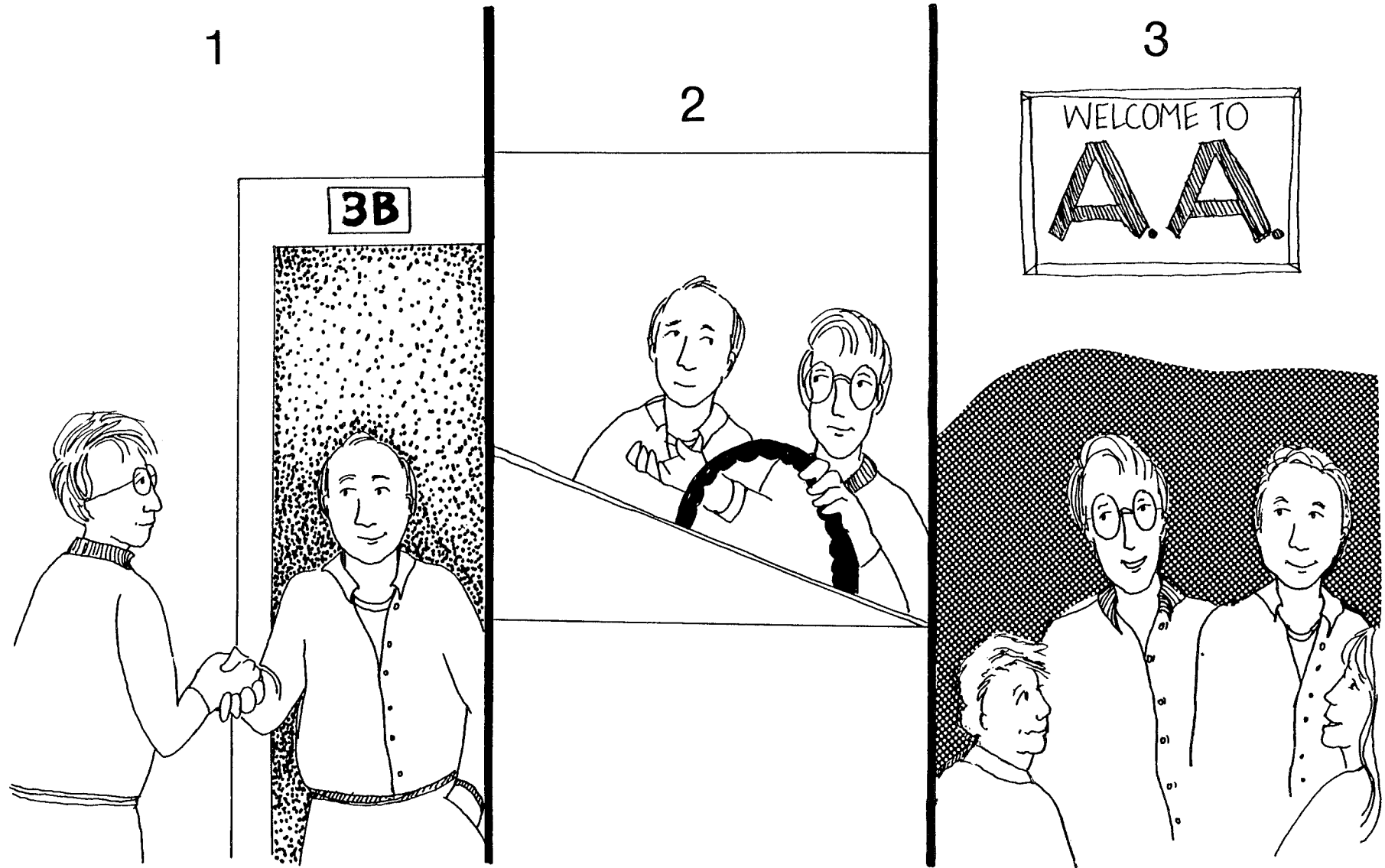
A **halfway house** is a place to live for alcoholics who need a longer **treatment program**.



**Alcoholics Anonymous (A.A.)** is a group of recovering alcoholics who help each other stay sober.



**Sponsors** are **A.A.** members who know how to help new members stay **sober**.



**Al-Anon** is a group to help the family and friends of the alcoholic.

AL-ANON  
MEETING  
TONIGHT!

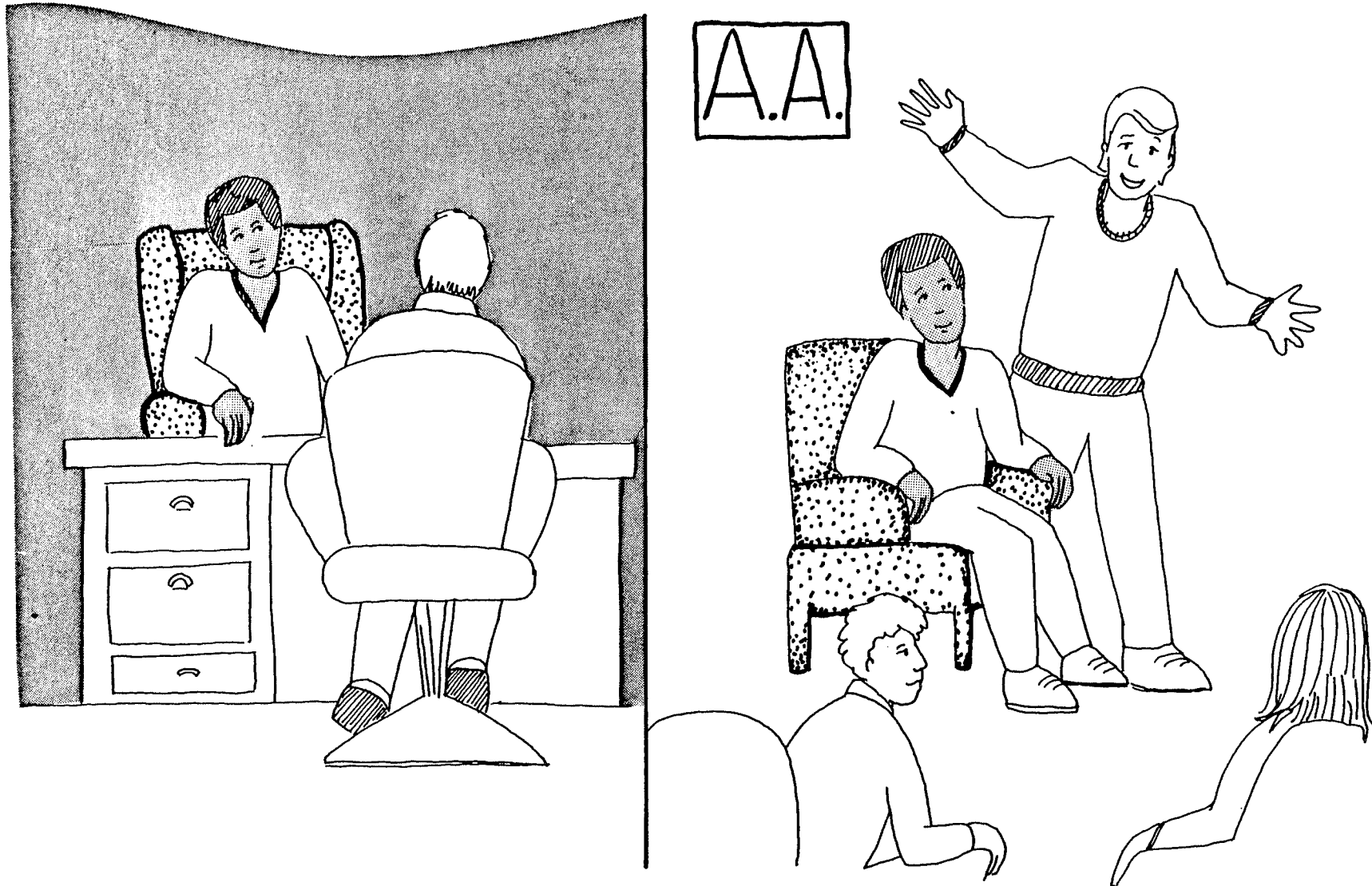


**Narcotics Anonymous (N.A.)** is a group of drug addicts who help each other to stay off drugs.





**Recovery** works best when a **treatment program** and **A.A.** are used together.



You can learn to live a healthy and drug-free life with help.

WELCOME TO  
ALCOHOLICS ANONYMOUS



You must believe your life can be better one day at a time.



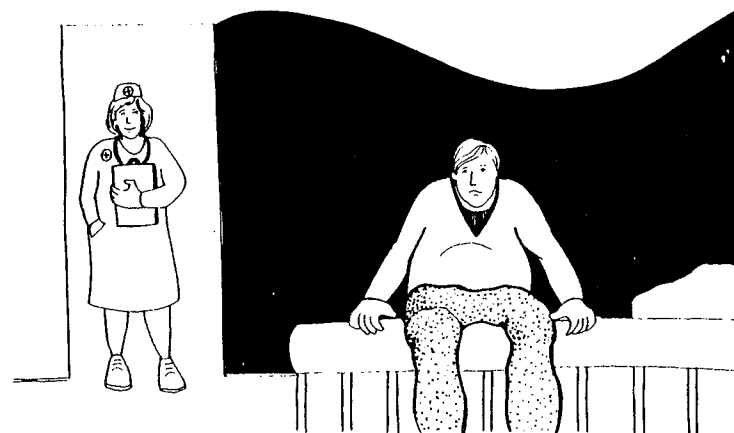
We are helping each other one day at a time.



a. What is an **outpatient program**? (p. 194)



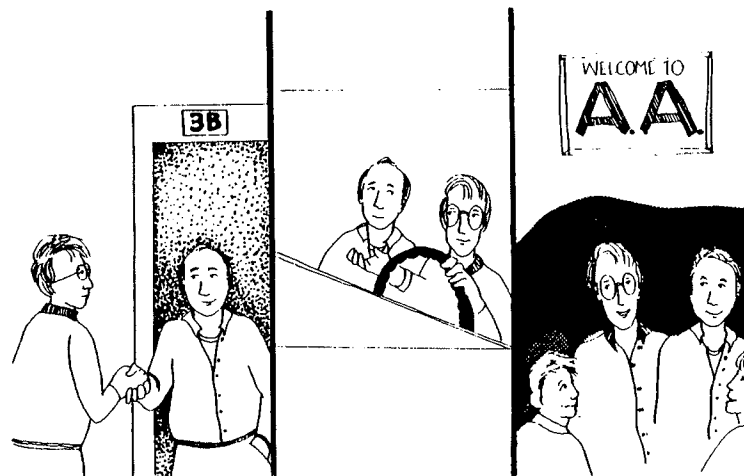
b. What is an **inpatient program**? (p. 195)



c. What is **A.A.**? (p. 197)



d. What is a **sponsor**? (p. 198)



## G L O S S A R Y

**Alcoholics Anonymous (A.A.)** A group for alcoholics who help each other stay sober

**alcoholism** An illness in which a person cannot control his drinking

**agreeing** Saying yes to people just to please them

**Al-Anon** A group to help the family and friends of the alcoholic

**anger** A strong feeling that you have for another person who disagrees, insults or hurts you or someone else

**anxiety** Being afraid that something bad will happen in the future

**arguing** Disagreeing to take the attention away from your alcoholism

**avoiding** Not thinking about your problem

**blaming** Thinking that other people caused your problems

**defenses** Ways of thinking and acting that hide feelings you do not like to have

**denial** Lying to yourself about your drinking

**depression** A feeling that you will always be unhappy

**halfway house** A place to live for alcoholics who need a longer treatment program

**Higher Power** It can be the Power of God, the power within ourselves or the power of the **A.A.** program

**inpatient program** For alcoholics who need to be away from home while they get medical care and help for their alcoholism

**inventory** A list of right and wrong things you have done

**joking** Making fun of things that really bother you

**minimizing** Making something less important than it really is

**Narcotics Anonymous** A group for drug addicts who help each other to stay off drugs

**outpatient program** For alcoholics who can live at home while they get help for their alcoholism

**playing dumb** Pretending you do not understand when you really do

**powerless** You give up everything you care about to drink

**rationalizing** Making excuses for what you do

**recovery** Doing what is needed to stay sober

**relapse** To drink or use drugs again

**resentment** Staying hurt or angry

**silence** Not talking to someone when you are hurt or angry

**sober** Not drunk

**sponsor** An A.A. member who knows how to help new members stay sober

**treatment program** A place where people with alcoholism can learn how to recover

**unmanageable** When you cannot control your life

**warning signs** Changes in what you think and do that can cause a relapse



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## **The 12 Steps of Alcoholics Anonymous**

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.





