1 Out of 10 Drinkers BECOMES an Alcoholic

- Occasional Relief Drinking/Drugging
- Increase of Alcohol/Drug Tolerance
- Increase of Dependence on Alcohol/Drugs
- Feelings of Guilt
- Memory Blackouts Increase
- Drinking Bolstered with Excuses
- Persistent Remorse
- Promises and Resolutions Fail
- Loss of Other Interest
- Work and Money Troubles
- Neglect Nutrition/Food
- Tremors/Early Morning Drink/Drug
- Physical Deterioration
- Moral Deterioration
- Drinking/Drugging with Inferiors
- Unable to Initiate Action
- Vague Spiritual Desires

Progression

- Constant Relief Drinking/Drugging
- Onset of Memory Blackouts
- Surreptitious Drinking/Drugging
- Unable to Discuss Problem
- Decrease of Ability to Stop Drinking/Drugging When Others Do So
- Grandiose and Aggressive Behavior
- Efforts to Control Fail Repeatedly
- Tries Geographic Escapes
- Family and Friends Avoided
- Unreasonable Resentments
- Loss of Ordinary Will Power
- Decrease in Alcohol Tolerance
- Onset of Lengthy Intoxications
- Impaired Thinking
- Indefinable Fears
- Obsession with Drinking
- All Alibis Exhausted

Chronic Phase

- 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 & Friends Appreciate Effort
- Natural Rest and Sleep
- Realistic Thinking
- Regular Nourishment Taken
- Appreciation of Possibilities of New Way of Life
- Onset of New Hope
- Spiritual Needs Examined
- Takes Stock of Self
- Stops Taking Alcohol
- Learns Alcoholism/Drug Addictions is an Illness

Rehabilitation

- Group Therapy & Mutual Help Continue
- Increasing Tolerance
- Contentment of Sobriety
- Confidence of Employers
- Appreciation of Real Values
- Rebirth of Ideals
- New Interest Develop
- Adjustment to Family Needs
- Desire to Escape Goes
- Return of Self Esteem
- Diminishing Fears of Unknown Future
- Start of Group Therapy
- Physical Overhaul by Doctor
- Right Thinking Begins
- Meets Normal and Happy Addicts
- Told Addiction Can be Arrested
- Honest Desire for Help

Recovery

- Enlightened and Interesting Way of Life Opens Up with Road Ahead to Higher Levels than Ever Before
- 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 & Friends Appreciate Effort
- Natural Rest and Sleep
- Realistic Thinking
- Regular Nourishment Taken
- Appreciation of Possibilities of New Way of Life
- Onset of New Hope
- Spiritual Needs Examined
- Takes Stock of Self
- Stops Taking Alcohol
- Learns Alcoholism/Drug Addictions is an Illness

Complete Defeat Admitted

CHOICE

Insanity, Loss of everything, probable Death

ALCOHOL/DRUG ADDICTION AND RECOVERY (JELLINEK CHART MODIFIED)

2003 © Bishop’s Council on Alcohol & Other Drugs
Department of Catholic Charities
Diocese of Lansing
**Progression**

- **INCREASE IN ALCOHOL TOLERANCE**—the need of 8 to 10 drinks to get the effect that 4 or 5 formerly produced.
- **ONSET OF MEMORY BLACKOUTS**—period of alcohol induced amnesia.
- **SURREPTITIOUS DRINKING**—secret drinking to compensate for increased tolerance.
- **INCREASING DEPENDENCE ON ALCOHOL**—thinking about drinking and planning drinking occasions.
- **URGENCY OF FIRST DRINK**—drinks fast to get the effects quickly.
- **UNABLE TO DISCUSS PROBLEM**—deliberately avoiding anything that might call attention to excessive drinking behavior.
- **DECREASE OF ABILITY TO STOP**—compulsive need for alcohol after only one drink.

**Crucial Phase**

- **DRINKING BOLSTERED WITH EXCUSES**—a system of defense to justify drinking behavior.
- **GRANDIOSE AND AGGRESSIVE BEHAVIOR**—becoming a big spender to purchase friendship and convince self that all is well; belligerent, picks fights, or riles easily while under the influence of alcohol.
- **PERSISTENT REMORSE**—intense feelings of guilt and sorrow over aggressive behavior.
- **EFFORTS TO CONTROL FAIL REPEATEDLY**—trying to prevent excessive drinking by changing brand of alcohol, drinking companions, time or place of drinking.
- **FAMILY AND FRIENDS AVOIDED**—deterioration of meaningful relationships.
- **WORK AND MONEY TROUBLES**—reduction in job performance caused by abnormal use of alcohol; neglect of financial responsibilities.
- **UNREASONABLE RESENTMENTS**—deep hostility against everything that makes the alcoholic faces up to his alcoholism.
- **GEOGRAPHICAL ESCAPES**—a move to get away from the problems created by excessive drinking.
- **EARLY MORNING DRINKING**—starting the day with alcohol or drinking around the clock to keep a certain amount of alcohol in the bloodstream at all times.
- **PHYSICAL DETERIORATION**—marked physical and psychological breakdown such as cirrhosis, brain damage, neurosis.
- **ONSET OF LENGTHY INTOXICATIONS**—uncontrolled drinking for days, weeks, sometimes months.

**Chronic Phase**

- **MORAL DETERIORATION**—code of ethics breaks down, the alcoholic will beg, bun, or steal to get alcohol.
- **IMPAIRED THINKING**—develops a sick way of thinking.
- **INDEFINABLE FEARS**—fears of impending danger not related to reality.
- **UNABLE TO INITIATE ACTION**—lack of coordination caused by prolonged use of alcohol; trembling and shaking brought on by prolonged use of alcohol.
- **VAGUE SPIRITUAL DESIRES**—turning to God as a last resort to keep a drink down without getting sick.
- **ALL ALIBIS EXHAUSTED**—can find no more excuses to blame alcohol problem on.
- **COMPLETE DEFEAT ADMITTED**—realization that you have no control over your addiction.
- **VICIOUS CIRCLE**—drinking to get well and getting worse, over and over.

**The Choice**

- **INSANITY, LOSS OF EVERYTHING, DEATH**—inevitable results of continued alcoholic drinking...
- **OR RECOVERY**—learning to live a fulfilling life without the need of alcohol; the journey of rehabilitation and recovery begins.