

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

To be read from left to right.

Enlightened and Interesting Way of Life Opens Up with Road Ahead to Higher Levels than Ever Before.

Progression

Urgency of First Drinks

Feelings of Guilt

Memory Blackouts Increase

Drinking Bolstered with Excuses

Grandiose and Aggressive Behavior

Efforts to Control Fail Repeatedly

Tries Geographical Escapes

Family and Friends Avoided

Loss of Ordinary Will Power

Tremors and Early Morning Drinks

Decrease in Alcohol Tolerance

Onset of Lengthy Intoxications

Moral Deterioration

Impaired Thinking

Drinking with Inferiors

Indelible Fears

Unable to Initiate Action

Obsession with Drinking

Vague Spiritual Desires

All Alibis Exhausted

Complete Defeat Admitted

Occasional Relief Drinking

Constant Relief Drinking Commences

Increase in Alcohol Tolerance

Onset of Memory Blackouts

Surreptitious Drinking

Increasing Dependence on Alcohol

Unable to Discuss Problem

Decrease of Ability to Stop Drinking When Others Do So

Persistent Remorse

Promises and Resolutions Fail

Loss of Other Interests

Work and Money Troubles

Unreasonable Resentments

Neglect of Food

Physical Deterioration

Group Therapy and Mutual Help Continue

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 and Friends Appreciate Efforts

Natural Rest and Sleep

Realistic Thinking

Regular Nourishment Taken

Increasing Tolerance

Contentment in Sobriety

Confidence of Employers

Appreciation of Real Values

Rebirth of Ideals

New Interests Develop

Adjustment to Family Needs

Desire to Escape Goes

Return of Self-Esteem

Diminishing Fears of the Unknown Future

Appreciation of Possibilities of New Way of Life

Start of Group Therapy

Onset of New Hope

Physical Overhaul by Doctor

Spiritual Needs Examined

Right Thinking Begins

Takes Stock of Self

Meets Normal and Happy Former Addicts

Stops Taking Alcohol

Told Addiction Can Be Arrested

Learns Alcoholism is an illness

Honest Desire for Help

NEW YORK STATE BAR ASSOCIATION

LAWYER ASSISTANCE PROGRAM

1-800-255-0569

518-487-5685

Obsessive Drinking Continues in Vicious Circles

Chronic Phase

Crucial Phase

Recovery

Rehabilitation

* Information provided by:
The NYS Division of Alcoholism
and Alcohol Abuse