Enlightened and Interesting Wa Life Opens Up with Road Ahead

Higher Levels than Ever Before

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

To be read from left to right.

Occasional Relief Drinking Group Therapy and Mutual Help Continue Constant Relief Drinking Commences Progression Rationalizations Recognized 40000 20000 Increasing Tolera Increase in Alcohol Tolerance Care of Personal Appearance Contentment in Sot Onset of Memory Blackouts First Steps Towards Economic Stability Confidence of Employ Surreptitious Drinking Increase of Emotional Control Urgency of First Drinks Appreciation of Real Val Increasing Dependence on Alcohol Facts Faced with Courage Feelings of Guilt Rebirth of Ideals Unable to Discuss Problem New Circle of Stable Friends Memory Blackouts Increase Decrease of Ability to Stop New Interests Develop Family and Friends Drinking When Others Do So Drinking Bolstered with Excuses Adjustment to Family Needs Appreciate Efforts Grandiose and Aggressive Behavior Persistent Remorse Natural Rest and Sleep Desire to Escape Goes Efforts to Control Fail Repeatedly Promises and Resolutions Fail Realistic Thinking Return of Self-Esteem Loss of Other Interests Tries Geographical Escapes Regular Nourishment Diminishing Fears of the Taken Unknown Future Family and Friends Avoided Work and Money Troubles Appreciation of Possibilities Unreasonable Resentments Loss of Ordinary Will Power of New Way of Life Neglect of Food Tremors and Early Morning Drinks Start of Group Therapy Rehabilitation Decrease in Alcohol Tolerance **Physical** Onset of New Hope Deterioration Onset of Lengthy Intoxications Physical Overhaul by Doctor Moral Deterioration Spiritual Needs Examined Impaired Thinking Right Thinking Begins Drinking with Inferiors Takes Stock of Self Indefinable Fears Meets Normal and Happy Former Addicts Unable to Initiate Action Obsession with Drinking Stops Taking Alcohol Told Addiction Can be Arrested Vague Spiritual Desires All Alibis Exhausted Learns Alcoholism is an Illness Complete Defeat Admitted Honest Desire for Help

Obsessive Drinking Continues in Vicious Circles