

I'LL QUIT TOMORROW

“The disease itself swallows all differences and creates a universal alcoholic profile. Personality changes are predictable and inevitable, with some individual adaptation.”

Introduction

Alcoholism is a disease: 100% fatal if unchecked. Involves the whole person: physically, mentally, and psychologically and spiritually. Never cured, but recovered

Alcoholism has a describable, predictable pattern of pathology

Disease: a pathological entity characterized by: 1) recognized etiological agent, identifiable group of signs and symptoms, or consistent anatomical alterations. OR an interruption, cessation, or disordering of a body functions, systems, or organs

Primary; effectively blocks any other care we might want to deliver to any other medical or emotional problem

Progressive; never plateaus. Always worse.

Chronic

Fatal

You must be able to develop a tolerance in order to be alcoholic.

Alcoholism cannot exist unless there is a conflict between the values and behavior of the drinker; its victims behave in destructive and antisocial ways.

Chapter 1: A Drinking Culture

Chapter 2: The Rising Cost of Dependency

Chapter 3: Rational Defenses and Projection

Chapter 4: Blackouts, Repression, Euphoric Recall.

Chapter 5: The Dynamics of Intervention

Chapter 6: The Cry for Help and the Use of Crisis

Chapter 7: treatment of the Acute Phase

Chapter 8: Characterological Conflict

Chapter 9: Stages of Recovery

Chapter 10: Rehabilitation

Chapter 11: Counseling Alcoholics

Chapter 12: Relapsing

Chapter 13: The Dynamics of Forgiveness