

MORE ABOUT ALCOHOLISM

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1. How many remedies have we tried?
 - 2-a. Have some of us found what we believed to be recovery?
 - 2-b. What always followed this newfound hope?
4. On what do knowledgeable physicians agree?
5. Has science been able to come up with some pills that will fix us?
- (P) 6. Despite all we can say, what is not going to happen?
7. What do we try to prove and how do we try to prove it?
8. What will we do to the alcoholic who learns how to drink responsibly?
9. What does heaven know?
- (P) 10 a. What do alcoholics do to try to control their drinking?
(Read the entire paragraph)
(Note: Make a list of the things you have done to try to change the results of your drinking. Post it where you can see it frequently.)
- 10-b. Did the things mentioned in this paragraph cover all the ingenious ideas alcoholics have?
- (P) 12-a. What do we not like to do?
12-b. But what can a person do?
14. What is the first test that is suggested he try?
15. What do they mean by controlled drinking?
16. How many times should he try the test?

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1. How soon will the real alcoholic know if he is one of us?
2. What price may be paid to learn the truth?
- (P) 3. What do most alcoholics believe, even though there is no way to prove it?
4. What do these alcoholics lack that is essential for success in sobriety?
5. Are some people successful in abstinence by their own willpower?

Comment: Carefully read the story of the “man of thirty” and learn six important facts about this thing called alcoholism.

- (P) 6. What kind of a drinker was he?
 - 7-a. In what condition was he in the morning?
 - 7-b. What did he do to take care of that condition?
(Note: Have you found it necessary to have a few drinks in the morning?)
 - 9-a. What was his goal?
 - 9-b. What was defeating him?

11. Why was this so?

Comment: If he had no control once he started, was he powerless over alcohol?

(Note: Do you find any similarity here?)

- 12-a. What did he decide he really wanted to do?
- 12-b. What did he decide to not do?
(Note: Have you ever decided you would not touch another drop?)

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14-a. What kind of a man was he?

14-b. Why was he so exceptional?

(Note: How long were you able to manage your decision to stay bone dry after you had decided to never drink again?)

Comment: Was his life unmanageable from age 30 to 55?

14-c. Did his 25 year period of sobriety pay off for him?

17. Once he retired, what did he believe?

18. So, what did he do?

Comment: Is chronic alcoholism a patient disease -- the "insidious insanity?"

Question: Was alcoholism still present after a 25 year period of abstinence?

Comment: We were told that alcoholism is a permanent disease.

19. After two months of drinking, was his condition better or worse than it had been at age 30?

Comment: We were told that alcoholism is a progressive disease, whether or not we continue to drink.

20-a. Did he try to control his drinking?

20-b. How well did he do?

22-a. What measures did he take?

22-b. Did he again decide to do what had proved so successful at age 30?

22-c. Was he successful in managing that decision?

Comment: Patient, permanent and progressive!!! It will always be there just waiting and it will always get worse, never better.

25. How many ways did he really try to stop and stay stopped?