

ALCOHOL AND SUBSTANCE ABUSE EDUCATION PROGRAM**STUDY MATERIAL****SECTION 14****BUILDING UP TO DRINK****INSTRUCTIONS**

Read this material carefully. All questions on the test will come directly out of the study questions provided for each section.

DO NOT WRITE IN THIS BOOKLET - Study this booklet carefully. You may want to write out answers for yourself on a separate piece of paper. You will be given a test which will be multiple choice on this reading material. You **MUST** turn in this booklet before you are given a test. If you lose this booklet you will not be allowed to take the test and you will have to wait another week. **DO NOT FOLD, BEND, SPINDLE OR MUTILATE THIS BOOKLET**, the guy who has to study from it after you won't like it very much.

I.**INTRODUCTION:**

As you have learned in previous lessons, alcohol is in a class of drugs called **SEDATIVE DRUGS (Depressants)** (Gorski, T., & Miller, M). The first effect such drugs have on the human body is to sedate, calm or dull the nervous system. When someone drinks a lot of alcohol over a long period of time, many people say "he is feeling no pain". This is close to the truth, but not quite.

Alcohol does not kill pain, it only makes one care less about it. Alcoholics experience pain differently than sober people. Since an alcoholic or problem drinker uses alcohol to cope with pain, the drinker's experience of pain is dulled. Feeling pain is a normal part of being alive. The brain produces its own pain killing chemicals to deal with it and one learns to adjust to different levels of pain. When a person uses alcohol to cope with stress or pain, everyday emotions that average people cope with easily, become more intense, painful, and difficult to cope with for the abuser. He does not have the same ability to cope with pain as naturally as someone who does not drink or abuse drugs (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 43) (Gorski, T., 1982, *Alcoholism Systems Associates*).

PAIN THRESHOLD:

The pain threshold (or how much a person is effected by pain) is effected by heavy drinking. For example, a construction worker usually develops a high tolerance or threshold for pain. While working, he often experiences painful situations or accidents. His body adjusts to cope with higher levels of pain, and his tolerance to pain increases. After awhile he may not even notice that he had been hurt. On the other hand, an office worker who had a similar accident, would be more sensitive to the same pain and experience the same cut as extremely painful. The cut would be noticed more quickly due to a lower tolerance for pain. The problem drinker`s tolerance for pain will be like that of the construction worker while he is drinking. The alcohol does not let the full impact of pain through (Milam, J., & Ketcham, K., 1981, Under The Influence, page 26) (Gorski, T. & Miller, M., 1986, Staying Sober, page 43).

When an alcoholic stops drinking, he notices pain **MORE** than the average non-drinker for his body has adjusted to experiencing less pain while on drugs (Ketcham, K., & Milam, J., 1981, Under The Influence, page 62-63). The alcoholic or drug abuser gets used to using drugs to cope with pain. As a result, his natural abilities to cope with pain in a natural way disappear, and all that is left to cope with the pain are the alcohol and drugs (Milam, J., & Ketcham, K., 1981, Under The Influence, page 62-63) (Gorski, T. & Miller, M., 1987, Staying Sober, page 43) (Pride Inc.).

WITHDRAWAL:

Alcohol withdrawal itself is very painful, also very dangerous. Quite often, an alcoholic will drink more just to avoid the pain of withdrawal. When he stops drinking, life becomes more painful.

The drinker gets into a vicious circle: The more he tries to avoid pain by drinking, the worse it becomes when he stops drinking. If he does not get help somewhere along the line, chances are very high that he will drink himself to death. Most of the deaths caused by alcohol are not blamed on alcohol. A person may die of liver disease, or a heart attack, and the death certificate will read only of organ failure, stating nothing about alcohol (Gorski, T., & Miller, M., 1987, Staying Sober, page 43) (Milam, J., & Ketcham, K., 1981, Under The Influence, page 62-63).

A person who has been coping with life by using alcohol not only has to face the pain of withdrawal when he stops, but once sober, he has to face the fears, pains, and stresses of a sober life with none of the normal coping skills that non-drinkers have. Often, the problem drinker will get drunk again instead of allowing his mind and body the amount of time necessary to learn how to cope normally with life's stresses (Kinney, J., & Leaton, G., 1987, Loosening The Grip, pages 141-143). The longer and more often a person drinks, the more painful life will become once he's sober. Many problem drinkers are unable to face the pain of life and withdrawal sober, so they begin drinking again (Gorski, T., & Miller, M., 1986, Staying

Sober, page 43) (Kinney, J., & Leaton, G, 1987, Loosening the Grip, 141-143.) (Pride Inc., August 1 1990, Straight Talk Crack/Cocaine).

Long term use of alcohol makes the drinker emotionally, and physically weaker (Kinney, J., & Leaton, G., 1987, Loosening the Grip, pages 141-143).

The mind and its coping skills can be compared to a muscle. If you exercise those muscles, they become stronger. Like a healthy muscle, when the mind is left to its own resources to cope with stress and not doused with drugs, it becomes better able to deal with physical and mental stresses and pains. If you handle life without the use of alcohol or drugs, you get better at dealing with life (Gorski, T., & Miller, M., 1986, Staying Sober, page 43).

Since your way of seeing things are not clouded by drugs, the way you handle your life while sober produces better results.

To sum it up, once a person starts using drugs to cope with life, he depends on the drug to deal with the stress that the mind should naturally be handling. What happens? The mind becomes lazy, coping skills deteriorate or lessen and living a sober life becomes more painful. The use of chemicals to cope with pain and stress does not allow ones mind to cope with situations normally. Over time, a person using alcohol or drugs to cope, can't deal with life as well as someone who has never used substances to cope.

To look at this another way, when a bone is broken and put into a cast, the muscles will become weak and waste away from disuse. Something like that happens to your mind when you depend on alcohol or drugs to cope with the stresses of life. The cast that is put on the mind is in the form of alcohol or drugs. The weaker the mind and body get, the more the need to drink in order to cope. It becomes a vicious cycle (Gorski, T., & Miller, M.) (Kinney, J., & Leaton, G., 1987, Loosening the Grip, pages 141-143) (Pride Inc., August 1 1990, Straight Talk Crack/Cocaine).

FACING LIFE SOBER:

Can you see how much more difficult it would be for a person who uses, or is attempting to stop using alcohol or drugs to confront daily situations and crisis? It is much more difficult for a substance abuser to face life sober than someone who has never used drugs or alcohol to cope. This situation comes on so slowly that the substance abuser hardly ever realizes it. All he understands is that life is tolerable when he is drunk, and that when he sobers up, life becomes much more difficult confusing and painful. The drinker doesn't look at the long term results. What he wants are immediate rewards, ending up paying an awful price in the long run (Gorski, T., & Miller, M., 1986, Staying Sober, page 43).

A person who has been drinking or using drugs for a long time, does not understand that once sober, life will not immediately get better. He underestimates how hard it will become when he stops coping by using chemicals. Once the drinker becomes sober, life definitely gets harder before it gets better. As with a broken bone, the pain is experienced

after the break and is of itself a part of the healing process. It is the same way for the alcoholic or drug addict, the pain of the healing process must take place after the break from alcohol. Pain must be understood as part of the natural healing process and must be gone through before a person can feel better (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 43-44) (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, pages 141-148).

The more a person has used alcohol, the longer it will take for that individual to regain natural coping skills. When a drinker becomes sober, the world and everything that happens to him is experienced differently than when he was drinking. The long term drinkers' ability to cope with life is weaker, and life becomes much harder and more difficult after becoming sober (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 43-44-45) (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, pages 141-142-143).

RECOVERY

During recovery, the alcoholic or drug addict will have times when extreme emotions will be experienced. These emotions may feel like they are out of control and may be hard for the newly sober person to manage. They have been buried for so long, that they may even frighten the newly sober person. Alcohol and drugs weaken the mind and body, and when things become too stressful or emotions too intense, it may seem easier for the user to return to drinking or drugs to cope (EAD). Since the user has a short view of things, he often does not understand that the longer he can stay sober, the easier things will become. All he feels is pain, and wants it to stop immediately. He knows that drinking will stop the pain immediately, and does not think of how much more painful it will be to stop later (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 52).

Alcohol and drugs weaken ones ability to handle stress and emotions. Long term use weakens the mind and body, self esteem and awareness of self and others (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 43) (Pride Inc., August 1 1990, *Straight Talk Crack/Cocaine*).

It's a FACT, the more alcohol and drugs you use, the harder and the longer it will take to recover (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 43-44).

STUDY QUESTIONS: PART I

1. Alcohol is in a class of drugs called _____ drugs.
2. The first effect such drugs have on the human body is to sedate, calm, or dull the _____ system.
3. When a person uses alcohol to _____ with stress or pain, everyday emotions become more intense, painful, and difficult to cope with for the abuser. He does not

have the ability to _____ with pain as naturally as someone who does _____ drink or abuse drugs.

4. When an alcoholic stops drinking, he notices pain _____ than the average non-drinker, for his body has adjusted to experiencing less pain while on drugs.
5. Quite often, the alcoholic will drink more just to avoid the pain of _____. When he stops drinking, life becomes more _____.

STUDY QUESTIONS

6. The drinker gets into a vicious circle: The more he tries to _____ pain by drinking, the _____ it becomes when he stops drinking.
7. If he (the alcoholic) does not get help somewhere along the line, chances are very high that he will drink himself to _____.
8. The longer and more often a person drinks, the more _____ life will become once he is _____.
9. The use of chemicals to _____ with pain and stress do not allow ones mind to _____ with situations normally. Over time, a person using alcohol to _____ can't deal with life as well as someone who has never used substances.
10. The drinker doesn't look at the long term results (of his drinking). What he wants are _____.
11. A person who has been drinking or using drugs for a long period of _____, does not understand that once _____, life will not immediately get better.
12. Pain must be understood as part of the natural _____ process and must be gone _____ before a person can feel better.
13. The more a person has used alcohol, the longer it will take for that individual to regain natural _____.
14. Since the user has a short view of things, he often does not understand that the longer he can stay _____, the _____ things will become.
15. It's a fact, the more alcohol and drugs you use, the _____ and longer it will take to _____.

B.U.D.(P.A.W).
(Building Up to Drink)

BUD or Building Up to Drink, is when stresses become so hard to handle sober that the recovering person's emotions seem to get out of control. This is a normal part of the alcohol withdrawal process. These periods often come on suddenly, with little or no warning.

This is very difficult period for an alcoholic or problem drinker who is trying to recover (Gorski, T., & Miller, M., 1986, Staying Sober, page 57-58).

BUD is caused by the body trying to heal itself after being poisoned with alcohol over a long time. The recovering person still does not have the natural coping skills needed to cope with the large amounts of stress caused during BUD (Gorski, T., & Miller, M., 1986, Staying Sober, page 59.).

In some cases these skills may have to be relearned. This takes time. A recovering alcoholic can expect to experience Building Up to a Drink episodes. It is better if he prepares for them, and does not get alarmed when it hits (Gorski, T., & Miller, M., 1986, Staying Sober, page 61).

BUD is unpredictable, **Building Up to Drink has no set pattern as to when or how it will happen.** It can happen slowly that one may not notice it coming on. On the other hand, it can happen so quickly that it appears to blow up in ones face without warning (Gorski, T., & Miller, M., 1986, Staying Sober, page 58).

THE BUD PERIOD: (P.A.W)

The reason we are telling you about BUD is because it is very important for you to understand what happens in a BUD period. If you know what it is and what to do about it as it starts coming on, your chances of remaining sober will be greatly increased. If you expect BUD periods after you quit drinking, then your fear will be lessened because you will know what is happening. You can prepare yourself so you will not be overwhelmed (Gorski, T., & Miller, M., 1986, Staying Sober, page 58.).

If you take action and prepare ahead of time, you will have a better chance of coping with these painful periods. If you prepare for BUD, you will be less surprised and more likely to do something else instead of drinking (Gorski, T., & Miller, M., 1986, Staying Sober, page 57-58).

Knowing what to do when a BUD comes on unexpectedly will help you take control and provide the tools needed to overcome your urge to drink (Gorski, T., & Miller, M., 1986, Staying Sober, page 57-58.).

THE B.U.D. PROCESS:

The BUD period is a process. It has a beginning and an end. In the middle BUD, you may reach a point where taking a drink seems like the only way to get relief, but it is the **worst** possible thing you could do. If you give in and drink, the entire drinking and drugging cycle will start all over again. You may lose all ground gained while sober (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 70). If you continue drinking for even a short time, the healing your body and mind underwent while you were off alcohol will have gone down the tubes. You really have not accomplished anything. If you want to continue living, sooner or later you will again have to go through withdrawal again. You may as well get the withdrawal over with once and for all. Continued drinking will make everything worse and more painful when you do quit (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 70.).

BUD can begin very slowly. It may start out at such a small level that you may not even be aware of it at first. You may just think that you are more nervous or grouchy for some reason. Below are some of the things you may experience as the dangerous BUD period starts coming on (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 70.).

A BUD may take on any or all of the following symptoms: A change of mood, a headache along with tension, a pain in the shoulder, a "nervous stomach," a childish way of behaving, a giddy or giggly mood for no reason, boredom or weariness. BUD may also be characterized by a sudden morbid concern about health, unemployment, or family matters, and may be the point where it begins (Gorski, T., & Miller, M., 1986, *Staying Sober*, page) (Pride Inc., August 1 1990, *Straight Talk Crack/Cocaine*).

Worries that flood in for little or no reason may also mark the beginning of BUD. These feelings or complaints may appear to make sense and be normal, but they can be also be the start of BUD or a STARTING POINT (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 70).

THE INITIAL ZONE:

If you are not aware of BUD's symptoms, and do not deal with these feelings and emotions as they continue to build up, you will probably end up drinking again. If you do not drink, and can tough it out, the nervous feelings, or complaints, will become stronger before they weaken. This is what is called the **INITIAL ZONE of BUD**.

It is the most intense, and uncomfortable time for an alcoholic who is trying to stay sober. You can expect to become irritable (nervous) and anxious. Emotions will rise to the point where they seem to be out of control, and you may feel unstable or shaky. Other people watching this rising irritability, anxiety, and nervousness, will think that you are just having a bad day (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 94-95 graph).

To others, you may just look grumpy for no good reason.

When the alcoholic or problem drinker trying to recover becomes this way, those near him may start treating him like a grump. On the other hand, they may avoid or ignore him, deciding that they do not want to be around anyone that unstable (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 89). This isolates the person trying to recover and makes things even harder on him.

The Initial Zone is very difficult. A person going through it needs to be aware of how he is treating other people during this time. Though it is a hard time for him to get through this period, if he is not careful, he's likely to run into more trouble by messing up his relationships with others. He may not be aware of the confusion, frustration, and anger that the Initial Zone of the BUD brings on as being a part of withdrawal. When a person acts negatively around other people, they will respond in that same way to him. The law is "what goes around comes around". What you dish out to other people will EVENTUALLY come back to you (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 88-89).

An alcoholic, or problem drinker, is in the worse possible position to cope with other people returning their own negative actions. He can hardly cope with his own nerves, let alone with other people treating him the same way that he treats others. When people do start returning his negative actions, the withdrawal becomes even more difficult for him to cope with (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 88-89).

THE UP ZONE|

As feelings grow stronger and seemingly more uncontrolled, an alcoholic moves into the **UP ZONE of BUD**. At this point, he knows that he feels nervous, uncomfortable and downright miserable; Quarreling, picking fights, getting cranky, raising his voice and shouting at the slightest irritation. He may become extremely withdrawn, quiet, and seal himself away from others. Once past this point, it does not take long for the physical problems to start.

The recovering alcoholics hands may begin to tremble or shake, his forehead and hands may break out into a sweat as well (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 132).

THE DANGER ZONE:

The **DANGER ZONE** is the next step in the BUD process. This is a state of extreme anxiety, and an alcoholic becomes even more uncomfortable, nervous and unhappy. The length of the danger zone changes from the beginning, through progression, which can be very short or seem to last a life time (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 132).

The DANGER ZONE is the worst part of BUD (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 132).

During the Danger Zone of the BUD, the abuser may decide that he has suffered enough; it's time to resolve the crisis. The quickest way known to get relief from the danger zone of BUD is by drinking. It is at this point in the withdrawal process that most alcoholics lose control and take that dangerous drink. Drinking moves him right back to where he started, and he will have to go through withdrawal and the BUD process all over again (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 132).

If a person can hang in there and not drink, these bad feelings will eventually get weaker and disappear. The alcoholic has to brace for, and help himself through these painful BUD periods. If the recovering drinker can make it through the Danger Zone, the worst is over, and finally things will start to get better. What this means is that a long time drinker will have to go through a lot of pain before things start to get better. It is better to know this and expect it (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 132).

THE DOWN ZONE:

Once an alcoholic makes it through the Initial and Danger Zones, nervousness and anxiety will begin to lessen. The next step is the **DOWN ZONE**. At this point, the worst is over and the recovering drinker will start to feel better.

THE RELAXATION ZONE:

The **RELAXATION ZONE** is the next phase that an alcoholic can expect to experience in recovery. This part is marked by feelings of emotional exhaustion, fatigue, and relief. He feels worn out in general and usually falls into sound sleep (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 141.).

It is at this point of the recovery process that the alcoholic has made it through the worst phase, and may for the first time see light at the end of the tunnel.

Although life for a recovering drinker will start getting easier at this point, the war isn't over. Another BUD may start again, a week, month or a year later, and it will follow the same pattern. With each BUD period that an alcoholic gets through, the next one will get weaker. The drug is taking its toll for the drinkers desertion, but he can escape with his life! If the drinker can't make it through these trials, a greater crisis is headed his way, and eventually death. Another victim will be added to the numbers of dead (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 141).

STUDY QUESTIONS: PART II

1. Building Up to Drink is when _____ become so hard to handle sober that the recovering person's _____ seem to get out of control.
2. The (alcoholic's) body is not used to handling _____ but the BUD is very stressful. It is during the BUD period that many alcoholics lose _____ and start back to drinking.
3. A recovering alcoholic can _____ to experience Building Up to Drink episodes. It is better if he _____ for them, and does not get alarmed when it hits.
4. Knowing what to do when a BUD comes on unexpectedly will help you take _____ and provide the _____ needed to overcome your urge to drink.
5. If you give in and drink, the entire drinking and drugging cycle will _____ over _____; you really have not accomplished anything.

STUDY QUESTIONS

6. Which of the following symptoms may be experienced during the BUD period: a. mood changes, b. headache and tension, c. nervous stomach, d. childish behavior, e. all the above.
7. The Initial Zone of BUD ... is the most _____, and _____ time for an alcoholic who is trying to stay sober.
8. As feelings grow stronger and seemingly more uncontrolled, an alcoholic moves into the _____ of BUD.
9. The Danger Zone is the next step in the BUD process. This is a state of _____ and an alcoholic becomes even more uncomfortable, nervous and unhappy ... the _____ is the worst part of BUD.
10. The quickest way known to get relief from the danger zone of BUD is by drinking. It is this point in the _____ process that an alcoholic loses control and takes that dangerous drink.
11. Drinking moves him (the alcoholic) right back to where he _____, and he will have to go through _____ and the BUD process all over again.
12. The next step down is the Down Zone. At this point, the worse is over and the recovering drinker will start to _____.
13. The Relaxation Zone is the next phase that an alcoholic can expect to experience in _____.

14. Although life for a recovering drinker will start getting easier at this (Relaxation Zone) point, the war isn't _____.
15. The drug is taking its toll for the drinkers _____, but he can escape with his _____!

III.

RECOGNIZING BUD:

To get through the ordeals that one may face, it is critical to learn to recognize the coming on of a BUD period. Don't get caught unaware! It is hard enough for a person who is expecting these periods to brace himself (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 157).

If you do not expect these times, the chances of coming through the difficult periods of withdrawal from this terrible drug are minimal. If an alcoholic, or problem drinker can become aware of the starting point of BUD, he will **understand the importance of the changes occurring within**, and not attempt to cope with it by drinking. **Instead, he will have a chance to brace himself and take action to keep from drinking. Knowing what is happening, and what to do about it, will help reduce anxiety and panic.** Experience, or practice, will improve the alcoholics skills in detecting or (recognizing) both the beginning, and the progress of the BUD (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 157).

It is not always possible for an effected person to recognize the beginning of a BUD. During withdrawal from alcohol, it is important that a recovering addict pays close attention to his mood. Recognizing the beginning of a BUD phase is critical to remaining sober. Certain things that must be done in order to get through it (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 157).

EASING STRESS:

Once an alcoholic realizes that he is in a BUD, there are many things he can do to help take the edge off withdrawal symptoms. Warm milk, vitamin B's, Tryptophane, and exercise will all help take the edge off of withdrawal symptoms. In addition, an alcoholic must develop outside interests that will keep him busy (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 141).

It is important to plan a variety of things to keep busy to help get through the BUD. These include physical exercise, weight lifting, jogging, or any sport that does not create more stress (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 78).

Work can be a good way to keep busy, especially if it involves physical exercise. Work off anxiety or nervousness, and focus on good, productive activity. Most hobbies are enjoyable and can serve as a focus away from yourself. Activities that keep you busy, such as watching a movie, TV, reading a book or listening to music may work (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 78).

Every person has things they like to do to get rid of stress or anxiety. The key is in wanting to find things to do and then using them as distractions to get through BUD. By keeping busy, a recovering alcoholic may forget how bad he feels, and possibly eliminate thoughts of drinking.

If nothing's done, the chances that the person will drink again is great. If they do, the circle starts over again (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 78).

One reason alcohol is so dangerous once you are dependent, is that it is the fastest relief for the problems it causes. A drink will dull the pain and stop the withdrawal. The problem is that the price of settling your nerves is very high. You will pay in spades later. We learned that for every ounce of alcohol that's drunk, ten hours of withdrawal or nervousness have to be gone through before your body returns back to normal. A mini withdrawal occurs every time you drink. Isn't that a wonderful thought! You only start to feel it after the high is gone. For the alcoholic, returning to alcohol is eventually the kiss of death, and quickly becomes an insane lifestyle (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 106).

To get through withdrawal, a dependent person has to keep from drinking. He has to be able to distract himself from the miseries of withdrawal (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 43).

In order to recover, it's important for the alcoholic to find healthy alternatives to deal with stress. Withdrawal and BUD are temporary. The BUD period ends, but he has to wait it out (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 105).

PREPARING FOR BUD:

Preparing for BUD is the only safe way to get through. Learn to talk to someone, a good friend, A.A. sponsor, a family member, anyone you trust. These are people that can help when BUD starts. If you have no one to talk to, then maybe a diary would help. If you can get your feelings out and hear or see them, much stress and confusion can be relieved (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 176).

Most recovering alcoholics know from past experience that they can't control the BUD by themselves. They have learned the hard way that they must be ready to call someone to help in this emergency. A.A. sponsors are great for this, and are almost always willing to help others get through BUD periods (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 52).

If your spouse understands the phases of BUD, they can be very helpful in helping you get through one. If they do not understand what BUD is, they could be very destructive. The following story is an example of how a wife or husband can either help or hinder in counteracting the Building Up to a Drink episode.

A wife of an alcoholic told this story: Her husband had been sober for months. Quite suddenly, he began to walk around the TV room, complaining that he felt restless and nervous. He wanted to go for a walk downtown. Right away, the wife recognized that something was happening within him. She then very casually took her husband's arm and led him to the sofa in the living room. "Look," she said, "lie down for a moment, and I will massage your back". After a little while, the alcoholic felt much calmer and relaxed, he was able to keep watching the television program without any further complaint. That was all it took to help her husband turn away from the bottle, and stay away from disaster.

It is possible for a spouse who does not understand BUD to have the opposite effect.

For example, when a different alcoholic told his wife that he felt nervous and wanted to go for a walk down town, his wife started shouting, "Now you'll go down to your hangout and get drunk again. I knew it, and it will all end up as it always does". She proceeded to call him names and become verbally abusive. This was the worst thing she could have done.

She didn't understand that he needed help to relieve tension, not have stress added to him. Maybe, she didn't understand what a BUD episode was, or was just dealing with her own fears, but she had other ways that she could have dealt with it.

Fortunately this man had learned that he had to do something with these uncomfortable feelings. He went to the telephone and called his A.A. sponsor. They talked for a few minutes. This lowered his anxiety to a place where he was able to wait calmly until his sponsor came home from work when they could meet and talk. In this case the mere act of reaching out beyond himself, saved him from drinking again. The total responsibility for coping with his BUD fell on him because his wife could not help.

A.A. can be a life saver if you are willing to ask for help and seriously work the program (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 52-53).

Another thing a recovering alcoholic needs to know, is that he will not just experience **one** BUD attack. There are often **several**.

There is no way to predict when or where a BUD will hit, but you can be assured that they will hit. They may come and go without warning for many months. On the other hand, one may not appear for a couple of months. You can count on the fact that the intensity of the BUD episodes will get weaker and weaker. They continue to lose strength with time and sobriety. The longer an alcoholic remains sober, the less of a problem BUD episodes will be (Gorski, T., & Miller, M.).

REMEMBER:

EACH TIME THE ALCOHOLIC OR PROBLEM DRINKER SUCCEEDS IN OVERCOMING A CRISES AND DOES NOT DRINK OR TAKE DRUGS, IT IS A POSITIVE STEP TOWARD RECOVERY (Gorski, T., & Miller, M., 1986, Staying Sober, page 98).

For an alcoholic or problem drinker to find himself in an occasional BUD episode does not mean a setback in his recovery. Quite the contrary, the fact that he is capable of recognizing the beginning of a **Building Up to a Drink**, and has gained the power to control it, is clear evidence that he is working toward a permanent and secure sobriety or recovery (Gorski, T., & Miller, M., 1986, Staying Sober, page 94, top).

SUMMARY:

In order to make it perfectly clear what you can expect from a BUD, a summary is provided below. The BUD process may occur something like this:

1. **Starting Point of a BUD:** The drinker feels nervous, moody, a little irritable, slightly bored, and rather restless. These feelings grow steadily, getting stronger.
2. Initial zone: Irritability and nervousness grows very strong, and emotions rise fast.
3. **Up Zone:** Irritability and nervousness get very uncomfortable. To people around him, an alcoholic may become quarrelsome, raise his voice and shout for little or no reason. Sometimes he may become extremely quiet or withdrawn. His hands may begin to tremble. He may start sweating on his forehead and hands.
4. **Danger Zone:** During this most dangerous time, all the above feelings grow to a peak and an alcoholic may feel very uncomfortable, unhappy and nervous. It is at this point that the alcoholic has to make a very important decision. He can drink for relief, or he can get help or do something to distract himself from his anxiety.
5. **Down Zone:** The crisis is over, the intense feelings, emotions, and anxiety begin to lessen, and the drug dependent person starts to settle down and relax.
6. **Relaxation Zone:** This zone is marked by feelings of comfort and fatigue. This is often a good time to sleep. A person may feel exhausted from the emotional turmoil he has gone through. The worst is over, and he has survived another BUD attack.

**MORE ABOUT BUILDING UP TO A DRINK AND
OTHER THINGS YOU CAN DO ABOUT IT.**

Building Up to Drink (BUD): "flare-ups," or stress periods, which may occur about five to seven weeks, five to seven months, or eleven to thirteen months after one has voluntarily withdrawn from alcohol". Dr. Jorge Valles.

PREVENTING RELAPSE:

The time periods mentioned above are averages. Some alcoholics experience stress and nervous periods for different lengths of time while a few experience none at all. Researchers warn that if one becomes depressed, bored, irritable, resentful, restless, impatient, or, on the other hand, elated, built-up, over-confident, or starts to consider drinking or quitting Antabuse, one may be Building Up to Drink. Many alcoholics quit taking their antabuse without any conscious thought of drinking, but subconsciously, they are already planning to take that drink. For an alcoholic to even think that he can drink in a controlled fashion, is not only dangerous, but is the first step to relapsing back into drinking (Gorski, T., & Miller, M., 1986, *Staying Sober*, page) (Pride Inc., August 1 1990, *Straight Talk Crack/Cocaine.*).

The feeling to drink again may be a sudden one, but it is not one that you can't do anything about. To avoid the temptation of taking the first drink you can:

1. Decide each morning that today you will not drink or take drugs. Just stay sober one day at a time. **Tell yourself that you will not drink today.** Don't worry about the rest of your life (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 54-71) (Pride Inc., August 1 1990, *Straight Talk Crack/Cocaine.*).
2. Stay away from people who are drinking. Keep clear of bars, taverns, and liquor stores. You can buy cigarettes and cash checks in other kinds of stores (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 54-71).
3. Make friends who have interests other than drinking, spend your spare time with them if not with your family. Hanging around drinking friends is extremely dangerous. They have no investment in you remaining sober. They want you to drink and use drugs so they do not have to face their own problems. The fact that you are remaining sober shows them that they also have a problem (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 54-71).
4. Keep healthy by eating right. Get enough sleep and keep away from extreme exhaustion or from getting very tired, stressed, or overworked (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 54-71).

During any major stress time you can:

1. Contact some other person who understands your problem and with whom you can talk (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 54).
2. Read and study the information you have learned in this program about the sneaky, insidious nature of alcoholism.

Remember, "One drink is too many and a hundred aren't enough". Study all the material you can find about alcoholic relapse (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 71-76).

3. Eat high protein foods: cheese, meat or even honey. Your body has been badly weakened by long time use of alcohol. Although alcohol is a food, it has no nutritional value. This means that it has no vitamins, minerals or protein that your body needs to repair itself during recovery (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 54-73).
4. Get physically active by walking outdoors, or taking part in active type sports or some physical hobbies. Physical activities are some of the best ways to handle stress (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 76).
5. Make sure that those around you understand your stress periods and what a BUD is. Try to stay away from people who will not help you, or who will cause more stress (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 76).
6. Visit or attend A.A. meetings regularly and find a sponsor (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 79).
7. Go for counseling or to alcohol recovery groups. Don't be afraid to admit that you have a problem. You will find that if you are honest with most people who do not drink, they will help you (Gorski, T., & Miller, M.).

On the other hand, your old drinking friends may try to drag you back into drinking so they will not have to face their own problem. When someone pulls out of the old drinking crowd, admitting that they need help, threatens them all. They may try to get you to drink again, and pull you back onto the sinking ship. If you stop drinking, they may have to face the fact that they have a problem also (Pride Inc., August 1 1990, *Straight Talk Crack/Cocaine.*).

8. Help someone else. One of the best ways to get your mind off your own problems is to help someone else (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 79).

STUDY QUESTIONS: PART III

1. To get through the ordeals that one must face, it is critical to learn to _____ the coming on of a _____ period.
2. Once an alcoholic realizes that he is in a BUD, there are many things he can do to help take the edge off _____.
3. By keeping busy, a recovering alcoholic may forget how bad he feels, and possibly eliminate _____ of drinking.
4. For the alcoholic, _____ to alcohol is eventually the kiss of death, and quickly becomes an _____.
5. Withdrawal and BUD are _____. The BUD period ends, but he has to wait it out.

STUDY QUESTIONS

6. Preparing for BUD is the only _____ to get through it. Learn to talk to someone, a good friend, A.A. sponsor, a family member, anyone you _____.
7. Most recovering alcoholics know from past experience that they _____ the BUD by themselves.
8. Each time the alcoholic or problem drinker _____ in overcoming a crisis and does not drink or take drugs, it is a positive step toward _____.
9. For an alcoholic to ever think that he can drink in a _____ fashion is not only _____, but is the _____ to relapsing back into drinking.
10. To avoid the temptation of taking the first drink, you can: (a) Stay sober one day at a time. (b) Stay away from people who are drinking. (c) Keep clear of bars and liquor stores. (d) All of the above.
11. During any major stress time you can: _____ some other person who _____ your problem and with whom you can _____.
12. Go for counseling or to alcohol recovery groups. Don't be afraid to _____ that you have a _____. You will find that if you are _____ with most people who do not drink, they will _____ you.
13. One of the best ways to get your mind off your own problems is to _____.

DESCRIBING BUD SYNDROME

The following are thoughts and feelings that describe the "Building Up to Drink" syndrome. It is very important that you understand the type of thinking that is involved with BUD attacks so that you can recognize and do something about these attacks.

1. The thought that you can't ever drink anything again. This is a type of brooding or feeling sorry for yourself. You are stewing in your own self pity, and if you do it for too long, you may be headed for trouble. Think instead about all the things that you can do now that you are sober (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 141) (Gorski, T., 1982, *Alcoholism Systems Associates*).
2. Guilt feelings. When you think that you need a drink "to ease feelings," you are headed for trouble. How many hundreds of times have you used this excuse before, and ended up paying in the long run (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 140-144) (Gorski, T., 1982, *Alcoholism Systems Associates*).
3. Feelings of anger. When you feel angry, you are headed for big trouble. Many times when you express anger with someone, it is a reflection of something that is going on within yourself. The other person is only a mirror. The problem is usually with you, not with the other person. The other person often only serves as a mirror of yourself. **You** decide to get angry; no one ever makes you angry. Anger is one of the biggest excuses used by an alcoholic, or problem drinker to get drunk again. It's very dangerous for a recovering alcoholic to allow him or herself to get angry (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 142) (Gorski, T., 1982, *Alcoholism Systems Associates*).
4. Feelings of inadequacy. Another major sign of a BUD episode is feeling bad about yourself. Other symptoms include indifference, not caring about anything, and feeling insecure about everything (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 145-146) (Gorski, T., 1982, *Alcoholism Systems Associates*).
5. Getting fired from a job. Almost everyone at one time or another gets fired from a job. Getting fired from your job is not a reason to drink and wreck your life. It is a problem that we all need to learn to cope with. It usually happens to everyone, at least once in their lifetime (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147) (Gorski, T., 1982, *Alcoholism Systems Associates*).
6. One of the biggest symptoms, or signs of BUD, are large amounts of anxiety, or nervousness. It is the feeling that everything is pressing down on you. Getting anxious or nervous about things is an emotion that you can do something about. Don't just sit around and pace the floor. Do something constructive to get rid of that nervousness (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 145) (Gorski, T., 1982, *Alcoholism Systems Associates*).

7. Argumentative, irritable behavior. Be very careful about picking fights or getting into arguments when you begin feeling nervous or anxious. Physical wounds sometimes heal a lot quicker than cuts from a sharp tongue, which may never heal. The tendency is to blame others for things that we do not want to face in ourselves (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 148) (Gorski, T., 1982, *Alcoholism Systems Associates*).
8. Idle time is dangerous. You must learn to structure, or schedule your time so that you are not idly sitting around. If you begin to dwell on how badly you feel, for any length of time, it is likely you will end up drinking again. Occupy your time in productive activity (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 148) (Gorski, T., 1982, *Alcoholism Systems Associates*).
9. Feelings of boredom. There are so many new and exciting things to do in this world, that you should never allow yourself to become bored. It does not take much work to get involved in sports, mens clubs, A.A. activities, or a million and one other things. Help someone else out (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 148) (Gorski, T., 1982, *Alcoholism Systems Associates*).
10. Feelings of rejection. Don't let feelings of rejection, especially by old drinking buddies get you down. For each thing that is taken from your life, something new will come. You are moving upward and onward into a new realm of existence. There is a time and a season for everything. Feelings of rejection will pass (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 141-143) (Gorski, T., 1982, *Alcoholism Systems Associates*).
11. Feelings of depression. Do not brood over depressed feelings. Do something about them. The more you give into them, the worse they will get, and the worse you will feel. Force yourself to stay active. Since alcohol is a central nervous system depressant, chances are high that once you quit drinking, you will feel very depressed. Keep track of all the things you accomplish during the day and dwell on the good things you do. Help someone else out and quit concentrating on yourself and your problems (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 150) (Gorski, T., 1982, *Alcoholism Systems Associates*).
12. Too many demands. Be careful about trying to live up to other people's expectations. Do not let yourself get too stressed out with their demands. Don't let yourself get hungry or tired. Start taking control of your own life. Don't let feelings of external control get you down. Make your own decisions, and make sure you make them with sobriety in mind. You owe sobriety to yourself before you owe anything to anyone else. Do not let yourself get overly tired or physically exhausted or over extended. This is a major pitfall where many people trip and end up drinking again.

They wear themselves out in order to work off their feelings of nervousness and anxiety, and then drink to cope with their aching muscles and sore backs (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147-153) (Gorski, T., 1982, *Alcoholism Systems Associates*).

13. A feeling of not belonging can be disastrous. Loneliness may be your worst enemy. For long periods of time, it may have seemed that your only friend was the bottle. It is time to join the land of the living. You need to start relating to other people instead of trying to "make it on my own" (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 145) (Gorski, T., 1982, *Alcoholism Systems Associates*).

The only people you should be isolating yourself from are those who drink. Everyone needs to feel that they belong somewhere. Find a place where you feel you belong, people who have the same interests and hobbies as you, and join in. You will find yourself feeling better immediately.

14. Sexual Inadequacy: (not being good enough) Male or female sexual inadequacy occurs when drinking. Sexual functioning may have gone down the tubes while drinking, and remained that way for a long period of time after the drinking stopped. Remember, alcohol is a depressant that affects all of the functions of the central nervous system, including sexual (Kinney, J., & Leaton, G.).
15. Feeling that you "have to drink," is what successful recovering alcoholics call "*stinking thinking*". It is this dangerous kind of thinking that leads directly to drinking. You probably will not drink without first thinking about it for a long time (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 152) (Gorski, T., 1982, *Alcoholism Systems Associates*).

Any excuse can cause a relapse. Thinking about excuses is stinking thinking. Excuses are cheap, and there are literally millions of them. You only need to act on any one of them to continue the destruction which alcohol has caused. If you have had serious trouble with alcohol, and you find that you are making excuses to drink again, you have big problems. It's time to do something quick; It's time to seek help (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 152) (Gorski, T., 1982, *Alcoholism Systems Associates*).

16. Inability to handle success. Some people have been messing up for so long, that they have formed an idea of themselves as failures. Nothing they do seems to turn out right, often because they are drinking when they do it. They become used to thinking of themselves as screw ups. They unconsciously do things to confirm that they are failures. These people find it more difficult to change, than to continue living their lives as failures. They do not know what it is like to succeed. When they stop drinking and things start getting better, they don't know what to do. They feel lost, and don't know how to behave with this new lifestyle. They get nervous because things are going right. They feel that things cannot go right for long, and that something will come along and mess things up very soon. They expect it, and often make it happen (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 143) (Gorski, T., 1982, *Alcoholism Systems Associates*).

Alcoholics are used to living their lives in turmoil. They know how to handle the bad times. However, they panic when good things happen consistently. While they were children, they might have been told over and over by an abusive parent that they were

no good and would never amount to anything. Deep inside they believe this. They feel that they do not deserve success, or a life that runs smoothly. In any case, when a person is told that he is either good or bad, over a long period of time, he starts believing it. If a man believes he is bad, or worthless, he looks for evidence to prove it. If he can't find it, he will create it. He will do things to prove to himself that he is the way he thinks he is, either good or bad, success or failure (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 143) (Gorski, T., 1982, Alcoholism Systems Associates).

Its easier to stay the same than to try and deal with change, just as it is easier for a ball to stay in the same old groove than to climb out of the rut and go in another direction. In order to stay in the comfortable rut that they are used to, rather than change, these people keep their lives in an uproar. If a raised in an alcoholic family, all he may know is fighting, abuse and chaos. As an adult, he will use this pattern to raise his own family; He will treat his children the way he was treated. When confusion is all a person knows, he believes that life is the same for everyone. When he grows up and raises a family, it only seems normal that fighting and screaming are the way families live. When things begin to quiet down and run smoothly, it makes him nervous. Sometimes it's the belief that things don't get better for long.

Since his life has been a failure, he keeps failing, and stays on course. It takes more courage to try something new; to succeed and face the unknown, than it does to keep going in the same old failure ways. Change is always more stressful than keeping to the same old course, even if the same old course is a rotten one. For an alcoholic, staying sober is facing the unknown and not using alcohol as a crutch. It is a very scary ordeal for him (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 143) (Gorski, T., 1982, Alcoholism Systems Associates).

17. Grief, loss, divorce, separation, or loss of children are often used as an excuse to continue drinking. The damage done to the family while the drinking occurred may have been so severe, that by the time the drinker wakes up, he may have lost his family and everything else. Whatever happened to him while drinking was what it took to get his attention, and make him aware of his problem. Nothing happens by mistake (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 145-146-147) (Gorski, T., 1982, Alcoholism Systems Associates).

Many people suffer divorce or some other major loss during their lifetimes. This is a normal part of living. However some alcoholics use these losses to drink themselves to death. Remember, for everything taken out of life, something better will eventually replace it. No one is alone with their problems. Many alcoholics have destroyed their lives and families. There are organizations available to help people cope with losses: Divorce recovery groups, Veterans groups, discussion groups, and A.A. can all offer support for the hard times, and try to help an alcoholic understand what happened (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 146-147) (Gorski, T., 1982, Alcoholism Systems Associates).

18. Nothing to worry about. Alcoholics seldom have nothing to worry about. There is always something they are trying to block out or avoid. After an alcoholic gets sober

and starts straightening out his life, there may be periods where he really does not have that much to worry about. Having little to worry about is a state of mind that he is not used to, but must cope with. A peaceful life is a major change and often causes stress.

Having nothing to worry about may be such a strange experience for long term drinkers, that many have been known to start drinking again because of it. This sounds a little strange, but fits into the category of getting used to a certain way of life. If an alcoholic worries his entire life, it would not seem natural or normal to have nothing to worry about.

A major change (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147) (Gorski, T., 1982, *Alcoholism Systems Associates*). When you sober up and start living, you may find that you have no big problems that demand worry. You may still feel you need to worry about something, because it is something you have done, and done well. The situation is easily fixed for the worse if you do something to turn your life back into an uproar. You are back in the comfortable worry pit again (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147) (Gorski, T., 1982, *Alcoholism Systems Associates*).

19. Money problems. Money problems are common for recovering alcoholics. Many lost everything before they woke up to what they were doing to themselves with their drinking. Things can work out in time, they may not work out the way one would like them, or as soon as one would like them to work out, but they will work out. Get a job. Though it may not be the best paying at first, it is a place to begin. Get on your feet, learn new ways to work in and through life so the money problems can be worked out. It is up to you to decide how you will survive. Money problems are no reason to kill yourself drinking, only an excuse for it (Gorski, T., 1982, *Alcoholism Systems Associates*).
20. Something major is ending in your life: coping with life by using alcohol. Many alcoholics mourn the loss of their "friend" the bottle just like they mourn the death of a family member. When alcohol is lost as an alternative to coping with problems, there are stages of grief a person goes through. These stages are very similar to those gone through when a friend or family member dies. There is the same denial, anger, acceptance and resignation. Once you quit drinking, something major has ended in your life, the major cause of your problems. Not drinking to cope with your problems is a major change, and like any major change it is stressful (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147-153) (Gorski, T., 1982, *Alcoholism Systems Associates*).

This stress, along with many of the other stresses mentioned on these pages, can contribute to drinking again.

21. Worrying about law violations, DWI's etc., may serve as cause for relapse or continued drinking. DWI's are a fact of life for a chronic alcoholic or problem drinker. A DWI charge is one of the tools that society uses to keep its citizens safe from drunk drivers who, every year, kill or maim thousands on our highways.

The slaughter caused by drunk drivers every few years amounts to many times the number of men lost in the entire Viet Nam conflict! A drunk driver is a potential killer.

To receive a DWI may be a blessing in disguise, for an alcoholic might have killed someone while he was drunk and have to face that for the rest of his life. It is also one of the steps in helping to wake one up to a serious problem that had been previously denied.

22. Lack of social acceptance or friends may cause a relapse. Once you stop drinking, it is amazing how fast your drinking friends become non-friends. Once sober, it will not take long for you to see how stupid your old friends act when they are drunk. You will wonder how you ever got to be a part of their crazy carrying on. Once your old drinking friends have dropped out of the scene, there is a period of time where you will not have many friends. It is a period after the old group is gone, but before a new group of friends has been formed. One of the best ways to make new, non-drinking friends, and to keep from isolating yourself, is to join an A.A. group. You will be with people struggling with the same problems you are having. Your drinking buddies are not really your friends. You need to find friends that will not drag you down and ruin your life with theirs. This can be done through any number of groups available to you in the community. It's up to you (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 145-148) (Gorski, T., 1982, *Alcoholism Systems Associates*).
23. Worrying about physical illness, or feeling inadequate or not good enough is often a cause for a drinking relapse. Alcohol interferes with your immune system, and makes it harder to fight illness. It will take time for your body to build itself back up again to a good state of health. Once the drinking stops and healthy eating and exercise begins, the less time you will be ill (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 142-143) (Gorski, T., 1982, *Alcoholism Systems Associates*).

Inadequacy, in part, comes from not accomplishing things you feel are worthwhile. What worthwhile things can be accomplished by a drunk? Did you in any way benefit mankind when you were drunk? Being and staying sober now gives you a chance to make up for lost time. The more you help others, the better you will feel about yourself (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 140).

24. Holidays, especially Christmas, may trigger a relapse.

The holidays are supposed to be a joyous time for everyone. It may not be a joyous time for you because of the mess you have made out of your life. Hang in there, because this too will pass. Next year will be better, and every year after will improve, but only if you stay sober. Holidays are a good time for you to start attending A.A. meetings on a regular basis.

25. Abrupt life changes may trigger a relapse of drinking. Any change is stressful. During recovery, avoid making major decisions or major changes if possible. Try to minimize the amount of changes in your life for you already have a lot to deal with. Plan ahead as best as possible. Handle things before they become a crisis. Don't be afraid to ask for help. We all depend on each other in many different ways (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147) (Gorski, T., 1982, *Alcoholism Systems Associates*).

27. Being perfect, or over controlling once sober, can't make up for a life previously out of control and can cause a relapse. One of the classic traits of the alcoholic is trying to be a perfectionist. This is because he is trying to take what little control he may have, to make up for years of being out of control. He runs into problems when he tends to exert control to the fullest within himself and others. The alcoholic's spouse knows best about his controlling and overbearing manner. The need to control everything may extend into the recovering alcoholic's sober life, causing both himself and others an awful lot of trouble. The alcoholic needs to decrease the need to control and try to understand more of what is really happening within himself (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 146) (Gorski, T., 1982, *Alcoholism Systems Associates*).

28. Feelings of envy. One of the best and quickest ways of screwing yourself over is to compare yourself to others. There is always someone who has more than you do; those who have less. By constantly comparing yourself against those who have more, "the more you see, the more you want" (Gorski, T., 1982, *Alcoholism Systems Associates*).

You have not yet realized that "things" do not make you happy. How many times have you wanted something, and when you got it, promptly forgot about it and started wanting something else. This has happened to you over and over again, and you still have not realized that things do not make you happy. They fade into the background.

Desires are endless, and if you keep giving into them, you will only want more and more.

On a more concrete level, don't forget that the other person has been working while you may have been drinking and wasting your life. As a general rule, we get what we deserve. You may think that things **should** be easier for you because life has been hard, but you only get what you work for in this life. The only person that owes you a living, is you.

29. Not coping with failure is one thing that can be an excuse to relapse. Failure is a part of life. Everyone fails sometime. You can beat yourself over the head with your failures, or use them as learning experiences and stepping stones on the road to success. Edison failed hundreds of times trying to find a filament for the electric light bulb. Each failure was seen by him as one more step toward success. Life is a school and everyone is here to learn. We all have different lessons to learn, learning what not to do as well as learning what to do is all a part of it (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 147) (Gorski, T., 1982, *Alcoholism Systems Associates*).

We can learn from our failures and make them valuable tools in our growth. By knowing what not to do, we will understand what needs to be done to succeed.

Failure + Failure + Failure = Success.

30. Feeling old and worthless may be used as an excuse to relapse. Everything and everybody has a reason and a purpose for being. Everyone has lessons to learn, and

some of them are very hard. There will always be someone who needs help, and can benefit from your experience. One of the best ways you can feel better is to help someone else. Volunteer, get involved. It's your mental outlook that keeps you young (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 150-151) (Gorski, T., 1982, Alcoholism Systems Associates).

31. Thinking that you can control your drinking if you try hard enough is a very dangerous mistake for alcoholics. All alcoholics at one time or another try to control their drinking. They also try many different ways to control it. **Control issues** are one of the greatest pitfalls that any alcoholic will have to face. Alcoholics are addicts, and the alcohol has control. Until the alcoholic realizes this, his life will continue to be a nightmare. "Once an alcoholic, always an alcoholic".

Certain physical changes happen in the body of an alcoholic that are permanent and that never allow him or her to drink normally again (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 152) (Gorski, T., 1982, Alcoholism Systems Associates).

AN ALCOHOLIC WILL NEVER DRINK NORMALLY AGAIN.

(Gorski, T., & Miller, M., 1986, *Staying Sober*, page 107)

(Gorski, T., 1982, Alcoholism Systems Associates).

The sooner this is understood, the better off he will be. No alcoholic can safely drink. They will always risk losing control (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 107).

GIVING INTO ANY OF THE ABOVE CAN LEAD TO USING AGAIN. MAKE YOURSELF AWARE OF THESE BUD WARNING SIGNS. DO SOMETHING ABOUT THEM BEFORE YOU START INTO THE VICIOUS CYCLE OF DRINKING OR DRUGGING AGAIN (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 107-108) (Gorski, T., 1982, Alcoholism Systems Associates).

If you wait too long to act on these warning signs, it could be too late. Everything is riding on your ability to recognize and do something about these signs before you turn to the bottle to cope.

You can do much to help yourself, but do not count on doing it alone. You need the help of others, like you, who are trying to get their lives together. A.A. is one of the best organizations you can join to help yourself (Gorski, T., 1982, Alcoholism Systems Associates).

OTHERS WILL RECOGNIZE THE SYMPTOMS BEFORE YOU DO.

Learn to accept what other people tell you about your actions and ask for help. Alcoholism is a disease, not a moral problem. The more help you accept, the better it will be for you (Gorski, T., 1982, Alcoholism Systems Associates).

THE MAIN SIGN OR SYMPTOM OF ALCOHOLISM IS DENIAL.

Alcoholics will deny their problems completely, even though everyone around them sees their problem clearly.

Often, they will not listen to what other people have to say to them about their drinking (Gorski, T., & Miller, M., 1987, *Staying Sober*, pages 48-49) (Milam, J., & Ketcham, K., 1981, *Under The Influence*, page 97) (Gorski, T., 1982, *Alcoholism Systems Associates*).

The quicker the drinker admits that he has a problem, the better off he will be, and the sooner he will be able to do something about his problem. As long as he is denying his problem, there is nothing he can do about it (Gorski, T., & Miller, M., 1987, *Staying Sober*, pages 48-49) (Gorski, T., 1982, *Alcoholism Systems Associates*).

The longer you can go without drinking, the easier life will become. You fear less, and begin to understand the feelings you have about yourself and others. You may come to realize that how you treat or see people is how you will be treated and seen. "What goes around, comes around" (Gorski, T., & Miller, M., 1987, *Staying Sober*, pages 48-49).

During withdrawal, you will often feel bad. When you feel bad, it's hard to treat other people good. Learn to take care of yourself first. When you do this, you will often treat others in a positive manner more easily. This is not being selfish, just smart. In order to trust and treat other people decently, you have to be willing to trust and treat yourself decently first (Gorski, T., & Miller, M., 1987, *Staying Sober*, pages 43-44) (Gorski, T., 1982, *Alcoholism Systems Associates*).

It is important to realize that alcohol is a killer, but there are ways to get past using and abusing it. It all depends on you and how you choose to live your life. By being in control, living becomes a choice, not chance.

**THE FOLLOWING ARE FACTS THAT MAY HELP
YOU UNDERSTAND WHY ALCOHOL IS ONE OF
THE MOST DANGEROUS DRUGS COMMONLY USED TODAY.**

80% to 90% of inmates were either under the influence of alcohol at the time they committed their offense, or have a history of problems with alcohol (Liston,s Journal of Better Living, Vol. 19, No. 5. Fallacies and Facts).

Every 20 minutes in the United States one person is killed, and sixty people are injured by a drunk driver (Liston,s Journal of Better Living, Vol. 19, No. 5. Fallacies and Facts).

Drinking is responsible for about half the total traffic accidents in the U.S. (Liston,s Journal of Better Living, Vol. 19, No. 5. Fallacies and Facts).

48,000 people killed, one million, seven hundred thousand are injured in a single year due to alcohol related accidents (Liston,s Journal of Better Living, Vol. 19, No. 5. Fallacies and Facts).

Much of this results from the effect that alcohol has on the human brain. Alcohol tends to lessen a drivers ability in remaining alert and ready to react instantly in case of an emergency. **Spenco Medical Corporation.**

STUDY QUESTIONS: PART IV

1. Many times when you express anger with someone, it is a _____ of something that is going on within _____.
2. One of the biggest symptoms or signs of B.U.D., are large amounts of _____, or _____. It is the feeling that everything is pressing down on you.
3. Idle time is dangerous. You must learn to structure or schedule your _____ so that you are not idly sitting around.
4. Since alcohol is a central nervous system depressant, chances are high that once you quit drinking, you will feel very _____.
5. Too many demands. Be careful about trying to live up to others _____ start taking _____ of your own life.
6. A feeling of not _____ can be disastrous. _____ may be your worst enemy It's time to join the land of the living.

7. Any excuse can cause a _____. Thinking about excuses is stinking thinking. Excuses are cheap... You only need to _____ on any one excuse to continue the _____ through alcohol.
8. Some people have been messing up for so long, they have formed an idea of themselves as _____.
9. Alcoholics are used to living their lives in _____. They know how to handle the bad times.
10. If a man believes he is bad, or worthless, he looks for evidence to _____ it. If he can't find it, he will _____ it.

STUDY QUESTIONS

11. For the alcoholic, staying sober is facing the _____ and not using alcohol as a _____. It is a very scary ordeal for him.
12. Grief, loss, divorce, separation or loss of children are often used as an _____ to _____ drinking.
13. For everything taken out of life, something _____ will eventually _____ it. No one is alone with their problems.
14. A D.W.I. charge is one of the _____ that society uses to keep its citizens safe from _____ who, every year, kill or maim thousands on our highways.
15. Lack of social acceptance or friends may cause a relapse. Once you stop drinking its amazing how fast drinking friends become _____.
16. Not coping with failure is one thing that can be an excuse to relapse. _____ is a part of life. Everyone _____ sometime.
17. We can learn from our _____ and make them valuable tools in our _____. By knowing what not to do, we will _____ what needs to be done to succeed.
18. Thinking that you can _____ your drinking if you try hard enough is a very dangerous _____ for alcoholics.
19. Control issues are one of the greatest pitfalls that any alcoholic will have to face. Alcoholics are _____, the alcohol has _____.
20. Certain physical changes happen within the body of an alcoholic that are _____ and will never allow him or her to drink _____ again.

21. The main sign or symptom of alcoholism is _____. Alcoholics will deny their problems completely, even though everyone around them _____ their _____ clearly.
22. The quicker a drinker _____ that he has a _____, the better off he will be, and the sooner he will be able to do something about his problem.

STUDY QUESTIONS

23. It is important to realize that alcohol is a _____ but there are ways to get past using and abusing it. It all depends on _____ and how you choose to _____ your life.
24. 80% to 90% of _____ were either under the influence of _____ at the time they committed their offenses, or have a _____ of problems with alcohol.
25. 48,000 people killed, one million, seven hundred thousand are injured in a _____ due to _____ related accidents.

CONGRATULATIONS! ONCE YOU TAKE THE TEST COVERING THIS SECTION, YOU ARE FINISHED!!!

Your completing this course is a MAJOR accomplishment along your road understanding and recovering from alcohol abuse or alcohol addiction. It was not easy. If you are a chronic alcoholic, you will in all probability still need A.A. or therapy to assist in your recovery, your battle is still not over. However, if you were a problem drinker coping through the use of alcohol, understanding the material in this course may have been enough.

You have been given the opportunity to learn about alcohol, and how it can effect you. You now know many times as much about alcohol as the average person knows, and even many professionals. It now falls on you to do something with what you have learned. The old saying, "You can lead a horse to water, but you cannot make him drink" is very true in this case. And, remember, what goes around, comes around. What you dish out will eventually come back to greet you again. Keep in mind that it may take awhile to get back to you, it may not happen right away. You are always meeting yourself. If you are drunk and out of control of your life, you will meet with the circumstances that you have created. These circumstances will not be pleasant. To know everything this course has taught you is not enough, knowledge itself is not enough, it has to be used and applied. It is up to you to take what you have learned and put it to use in your life to help yourself and others. You have already taken a major step. You have done a good job and hung in there when the studying got rough. Keep up the good work and GOOD LUCK with your studies on this planet and in your travels through this life.

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