

- A full and thorough commitment to work through the program
- Total surrender
- Making amends
- Continuance
- Carrying the message
- Maintaining the concept of, *Once an alcoholic always an alcoholic*
- The support of a sponsor (mentor)

Counselling

A full and accurate assessment of the client by the therapist is necessary to ascertain the extent and level of addiction and the underlying factors associated with it. This means taking a complete psychological, medical, addiction, and family history of the addict. The work of the counsellor includes the following.

1. Assessment
2. Understanding Family of Origin
3. Understanding Current Family (abuse)
4. Dealing with guilt, bitterness and resentment
5. Journaling
6. Self discipline and perseverance
7. Cognitive behaviour therapy

It is also very important for the recovery process to involve your church community. Ask people to pray for you and find a prayer partner to pray for you on a daily basis. Be accountable to him or her and share problems.

Assessment of Alcoholism

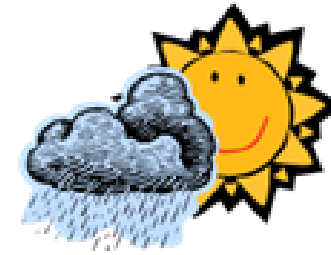
It is not easy for people to face up to an alcohol problem, due to denial and shame.

Honesty is needed.

1. Has someone close to you sometimes expressed concern about your drinking?
2. When faced with a problem, do you often turn to alcohol for relief?
3. Are you sometimes feel guilty about your drinking?
4. Are you sometimes unable to meet work or home responsibilities because of drinking?
5. Have you ever felt you ought to cut down on your drinking?
6. Have you, or anybody else, required medical attention because of your drinking?
7. Have you sometimes experienced a black-out - a total loss of memory while still awake when drinking?
8. Have you ever been in conflict with the law in connection with your drinking?
9. Have you often failed to keep the promises you have made to yourself about controlling or cutting down your drinking?
10. Do you ever lie about how much you have been drinking?

If you have answered *Yes* to three or more of the above questions, alcohol is creating a problem in your life. You need help!

For more information please go to our website at <http://christ-education.blogspot.com.au>



Alcohol Addiction

"We admitted we were powerless over alcohol -- that our lives had become unmanageable."

Some form of alcoholism affects nearly everyone and can manifest itself in many ways. Some people drink constantly and seem always to be a "little tipsy" but never overtly drunk. Others get drunk often enough to generate complaints from those around them due to their behaviour.



Often, those who would not ordinarily consider themselves as having an alcohol problem, find that they can rarely stop drinking once they have begun and consequently get very high or drunk whenever they drink even though it may not seem to happen all that often.

The symptoms of alcoholism vary. Sometimes alcohol can bring about severe behaviour problems such as fighting, child or spouse abuse, loss of employment and even depression.

Treatment for alcoholism invariably begins with the initiation of sobriety. This is usually initiated by the alcoholic himself since the only person who can stop one from drinking is the person who drinks. Detox programs are sometimes utilized and AA is nearly always recommended. Psychotherapy usually occurs in different stages, the initial stage focusing on attaining and maintaining sobriety. After sobriety is achieved, a more exploratory experience can be initiated during which the emotional causes and/or ramifications of excessive drinking can be addressed. The key to alcoholism is loss of control although that loss can be subtle.

Definition of Alcoholism

Alcoholism is a chronic illness or disorder characterised by some loss of control over drinking, with habituation or addiction to the drug alcohol, or causing interference in any major life functions: for example, health, job, family, friends or the law.

Problems of Alcoholism

- Unmanageability and powerlessness
- Secrecy, deception and denial
- Guilt, shame and self-hatred
- Ill health, liver disease and high BP

- Driving and accidents
- Effects on pregnancy
- Disrupted relationships
- Financial problems
- Improper behaviour and violence
- Hangover, shakes and delirium
- Blackouts
- Irresponsibility at work and home
- Days of work and loss of job
- Divorce
- Homelessness
- Insanity and death

Family of Alcoholics

All members of an alcoholic's family are affected by the alcoholism. It also often extends to other relatives and friends. At least four others are affected by an alcoholic's addiction. This includes spouse, children and friends.

In the treatment process of alcoholism, all must be treated. Preferably, co-addicts need to be treated at the same time as the alcoholic.

Recovery and Treatment

There are two main approaches to the treatment of alcoholism. The approach taken by Alcoholics Anonymous and that by the medical professional. There are differences and similarities in the two approaches.

The similarities of Alcoholics Anonymous and professional medical alcoholism treatment are as follows.

- Alcoholism is considered a disease, involving body, soul and spirit
- The disease involves the whole family
- It cannot be cured but it can be arrested and its damage healed
- Complete abstinence is essential and must continue forever
- Personal responsibility is emphasised
- A caring mentor (therapist, sponsor) is necessary
- Group therapy is necessary
- Honesty regarding feelings and actions is essential
- Dealing with underlying factors is necessary
- Building self-worth is fundamental
- Assertiveness training is necessary

The Twelve-Step Program

The Twelve-Step program is a proven recovery process having been used in the treatment of addictions since 1935 when first used by Alcoholics Anonymous. AA has grown rapidly.

The Twelve-Steps program involves the following.

- A spiritual journey of recovery
- A vertical relationship, with God the Higher Power
- A horizontal relationship within the Twelve-Steps group
- Facing reality and responsibility
- Admission of wrongs