**28 Days Study Guide**

Signs and Symptoms of being an alcoholic:

* Withdrawal symptoms
  + Increased appetite
  + Insomnia
  + Constipation or diarrhea
  + Violence, trembling, seizures, hallucinations, and sweats
* Addiction continues despite health problem awareness
* Social and/or recreational sacrifices
* Taking risks
* Obsession
* Secrecy and solitude
* Denial
* Excess consumption
* Dropping hobbies and activities
* Having problems with the law
* Financial difficulties
* Relationship problems

**Gateway Drug:** a drug that people use that can lead to taking more harmful drugs. Example: alcohol

Alcoholics can finally start getting on the right track my admitting they have a problem. This usually takes a traumatic experience to happen. Hopefully no one gets hurt.

3 out of 10 people that leave rehab actually recover.

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|  | **Visible Qualities** | **Inner Feelings** | **Represents to Family** | **Characteristics** | **Possible Future**  **Characteristics**  **Without help** | **Possible**  **Future**  **Characteristics**  **With help** |
| **Family Hero** | Visible success  Does what’s right | Inadequate | Self-worth  Family can be proud | High achiever  Grades  Friends  Sports | Workaholic  Responsible for everything  Marry dependent | Accept Failure  Responsible for not all  Good executive |
| **Scapegoat** | Hostility  Defiance  Anger | Hurt  Guilt | Takes focus off the alcoholic | Negative attention  Won’t compete with family hero | Unplanned pregnancy  Trouble maker in school  Prison | Accepts responsibility  Good counselor  Courage  Ability to see reality |
| **Lost Child** | Withdrawn  Loner | Loneliness  Unimportant | Relief  One child in the family  Doesn’t have to worry about | Invisible  Quiet  No friends  Follower | Little zest for life  Sexual identity problems  Promiscuous or stays alone  Often dies at an early age | Independent  Talented  Creative  Imaginative |
| **Mascot** | Fragile  Immature  Needs protection | Fear | Fun  Comic Relief | Hyperactive  Learning disabilities  Short attention span | Ulcers  Doesn’t handle stress  Compulsive  Clown  Marry hero for care | Takes care of self  No longer clown  Fun to be with  Good sense of humor |