**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-worthFamily can be proud | High achieverGradesFriends Sports | WorkaholicResponsible for everythingMarry dependent | Accept FailureResponsible for not allGood executive |
| **Scapegoat** | HostilityDefianceAnger | HurtGuilt | Takes focus off the alcoholic | Negative attentionWon’t compete with family hero | Unplanned pregnancyTrouble maker in schoolPrison | Accepts responsibilityGood counselorCourageAbility to see reality |
| **Lost Child** | WithdrawnLoner | LonelinessUnimportant | Relief One child in the familyDoesn’t have to worry about | Invisible QuietNo friendsFollower | Little zest for lifeSexual identity problemsPromiscuous or stays aloneOften dies at an early age | IndependentTalented CreativeImaginative |
| **Mascot** | FragileImmatureNeeds protection | Fear | FunComic Relief | HyperactiveLearning disabilitiesShort attention span | UlcersDoesn’t handle stressCompulsiveClownMarry hero for care | Takes care of selfNo longer clown Fun to be withGood sense of humor |