

ADDICTION IS A FAMILY DISEASE

“The Progression within the Family”

Early Stages

- Awareness of problems: Money, House, Chores, Sex, Etc.
- Nagging starts
- The need to control begins
- Begin to deny and to rationalize
- Spouse may divorce and marry another addict

Middle Stages

- Begin to cover up for the alcoholic/addict
- Obtain promises from the alcoholic/addict
- Loss of self respect
- Insecurity
- Fear and anxiety
- Physical symptoms begin: Headaches, Ulcers, Nerves, Etc.
- Begin to threaten
- Withdrawal
- Possible: File for divorce, reconciliation, attempt to get help

Advanced or Chronic Stages

- Assume blame for drinking/drug use
- Deterioration
- Realization: Affairs, Spending, Neglect of Family
- Possible: Tranquilizer and other pills, attempted suicide
- Sincere search for help

The progression and recovery symptoms listed are based on the most repeated experiences of family members in the disease of Alcoholism/Addiction. While every symptom does not occur in every member of every family, or in the same sequence, it does portray an average chain reaction. The entire process may take years or it may occur in a very short time.