

## UNDER THE INFLUENCE

By: Milam and Ketcham

Assignment:

1. ***FIRST, BEFORE READING***, list all the reasons why you feel you are not a problem drinker/alcoholic.
2. Read the book in its entirety.
3. Make a list of all the signs, symptoms and behaviors of alcoholism reviewed in this book. Cite the page numbers of any signs, symptoms and behaviors reviewed in this book that you have experienced at anytime due to your drinking/drug use. Make a list of any signs, symptoms and behaviours that you have learned in education/group sessions and at Alcoholics Anonymous/Narcotics anonymous meetings. Now, highlight any signs, symptoms and behaviours that you have experienced on your list.
4. Based upon your response to question #3, which of the following categories do you place yourself? Why? Explain your answer.
  - a. Non-problem drinker – self explanatory
  - b. Borderline problem drinker – sitting on the fence
  - c. Episodic alcohol abuser – abuses alcohol on occasion with problems, i.e. DWIs
  - d. Problem drinker – problem related to alcohol use
  - e. Alcoholic – physically addicted to alcohol, loss of control

Remember, this assignment must be done on paper and must be a thorough, considered reflection of your thoughts and self-analysis.