

TWU Counseling Center

Top Ten Most Reliable Ways to Develop Alcoholism!!!

(note: these are not guaranteed to work, but they have for many people)

1. Start drinking before the age of 15. 40% of these people can be diagnosed late in life with alcohol dependence!
2. At your own pace, increase your tolerance by getting drunk on a regular basis (eventually a high enough tolerance will trigger alcoholism).
3. Surround yourself with people who make the same drinking choices that you do.
4. Continue making high risk drinking choices despite negative consequences that have resulted.
5. Ignore friends and family if they express concern about your drinking
6. If you have alcoholism in your family, get drunk frequently and build up your tolerance (see #2).
7. Drink or get drunk to cope with stressful life events (divorce, death of loved one, etc.) and feelings of anger or sadness.
8. Learn to do certain things best in the presence of alcohol (i.e., dance, socialize, have fun, study) so that you become more dependent on alcohol to function normally.
9. Make sure most of your life revolves around alcohol: getting it, drinking it, recovering from its effects, and trying to keep yourself out of trouble resulting from drinking.
10. Refuse to see alcohol for what it really is: AN ADDICTIVE AND POTENTIALLY LETHAL DRUG!!!

SOME FACTS ABOUT ALCOHOLISM...

- It is a disease, just like heart disease and cancer, with a typical course of progression and recognizable symptoms
- It cannot be cured, but it can be treated and arrested
- It is present in about 10% of the population
- Alcoholism has a very strong genetic component and can be passed down to children and grandchildren
- Someone with alcoholism can never again be a “social drinker”, and does not have any internal controls for regulating their drinking
- A person with alcoholism, if it is left untreated, will eventually end up in one of three places (perhaps all three): jail or prison, an institution, or the grave

TWU Counseling Center Locations:	<i>Denton</i> West Jones Hall 940-898-3801	<i>Dallas-Parkland</i> FPH 120 214-689-6655	<i>Dallas-Presbyterian</i> DPB 16 214-706-2416	<i>Houston</i> Suite 2250 713-794-2059
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