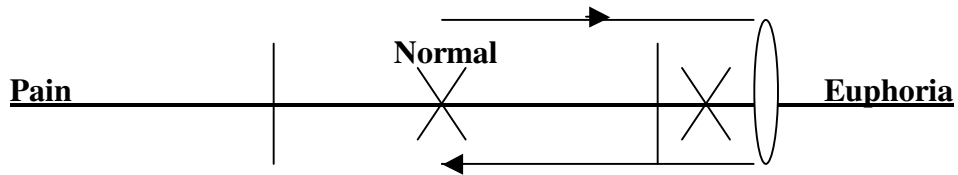


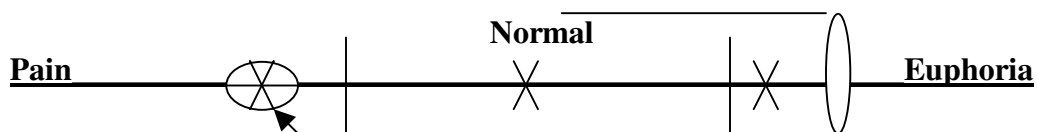
III. PHASE #2 Seeking the mood swing



- A. Applies what was learned in Phase #1 to his/her social, cultural and life situation.
- B. Uses the chemical at the appropriate times and places.
- C. Develops self-imposed rules about the use of the chemical and adheres to them, i.e. "I don't drink until after 5 o'clock."
- D. May suffer from physical pain (hangover) for an occasional overuse of the chemical but no emotional pain.
- E. Continues ability to control the times, quantities and outcome of all chemical using experiences.

Social users remain in this phase. Victims of chemical dependency progress to Phase #3.

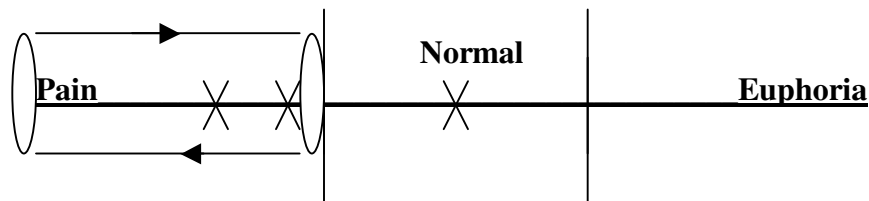
IV. PHASE #3 Harmful Dependency



- A. Begins to experience periodic loss of control over chemical use. Can no longer predict outcome once chemical use begins.
- B. These episodes result in behavior that violates the person's value system and in turn create the first emotional pain that the victim experiences.
- C. Spontaneous rationalizations arise and hide these feelings from the victim. This loss of insight becomes a growing delusion.
- D. Negative feelings about self remain unidentified and therefore are irresolvable. This results in a growing chronic emotional distress.
- E. Experiences growing anticipation and preoccupation with the use of the chemical.

- F. Lifestyle begins to change and revolve around the chemical.
- G. Specific times for chemical use are now established and rigidly held.
- H. Self-imposed rules that were developed in Phase #2 are now regularly being broken.
- I. Tolerance to the chemical increases causing the victim to develop more ingenious ways to get, use and keep the chemical, i.e. sneaking drinks, hiding bottles, etc.
- J. Projections of self-hatred onto other begins to occur.
- K. Victim's whole life is deteriorating as health, spirituality, emotional stability and interpersonal relationships become adversely affected.

V. PHASE #4 Using to feel normal



- A. Using chemicals to survive rather than to feel euphoric.
- B. Blackouts occur more frequently.
- C. Tolerance built in Phase #3 breaks.
- D. Physical addiction can occur.
- E. Paranoid like thinking is present.
- F. Geographic escapes are made.
- G. Loss of desire to live and a complete spiritual bankruptcy.