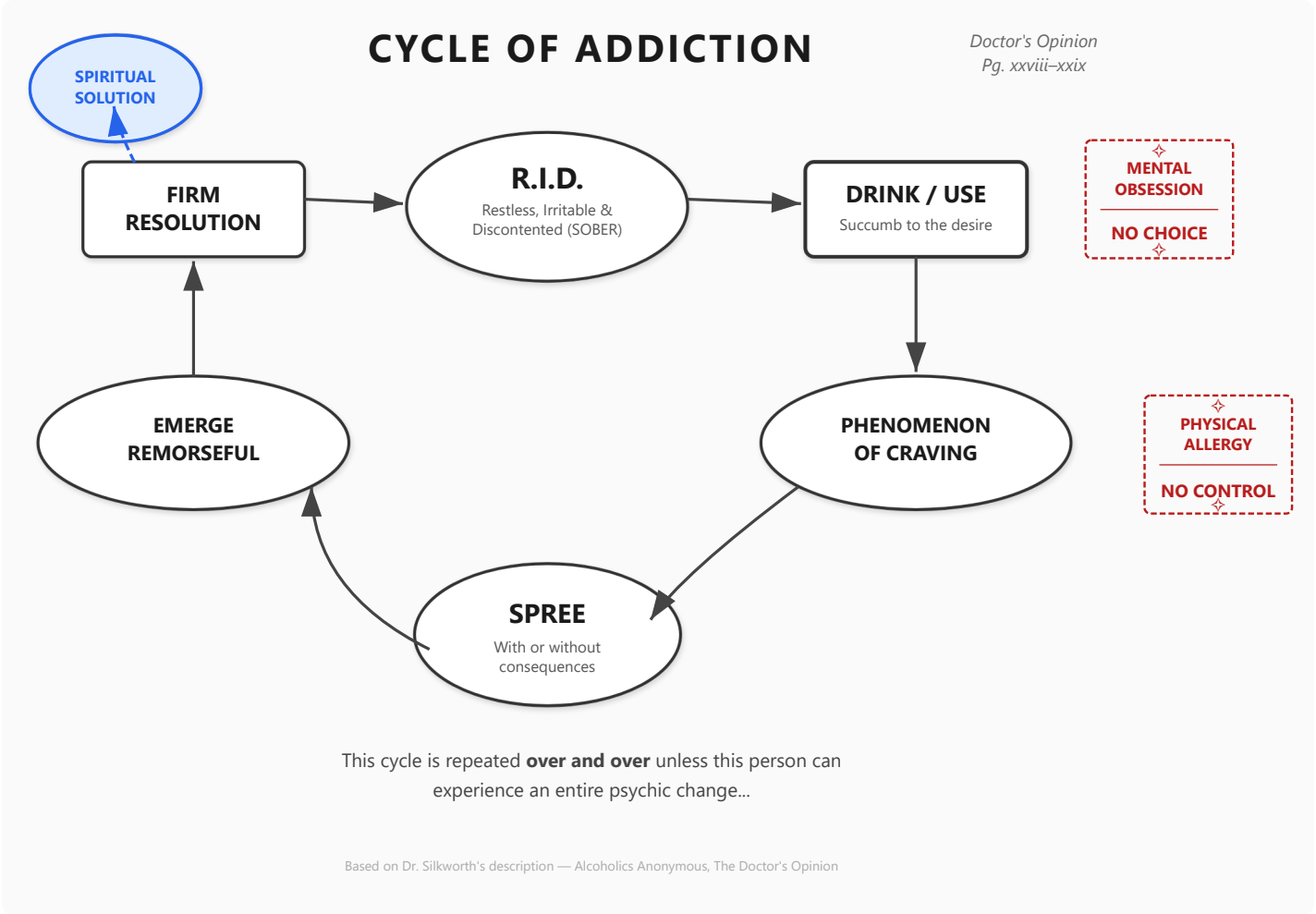
Cycle of Addiction

The Doctor's Opinion, pp. xxviii–xxix — one paragraph, drawn as a circle



WALKING THE CYCLE

The Doctor's Opinion, pp. xxviii–xxix ¶4

Every stage below is Dr. Silkworth's language:

1. **Why we start** — *"Men and women drink essentially because they like the effect produced by alcohol."*
2. **R.I.D.** — sober, we are *"restless, irritable and discontented"* — being loaded feels normal; being sober feels abnormal
3. **The insane idea (mental obsession)** — we must *"again experience the sense of ease and comfort"* — drinks (drugs) *"which they see others taking with impunity"*
4. **First drink / drug** — the ease and comfort *"comes at once"* — FAST
5. **The allergy kicks in** — *"the phenomenon of craving develops"* — one is too many, a thousand not enough
6. **The spree** — *"they pass through the well-known stages of a spree"*
7. **Remorse & resolution** — *"emerging remorseful, with a firm resolution not to drink again"*
8. **Repeat** — *"This is repeated over and over"* — back to stage 2, around and around
9. **The exit** — *"unless this person can experience an entire psychic change there is very little hope of his recovery."* The Steps **are** the psychic change p. xxix ¶1

My Cycle

the same circle, in my own life — the red numbers are the stages on page 1

2 **What does it look like when I'm R.I.D.? / Dry-Drunk / just not drinking/using?** bedevilments, p. 52 ¶2
What does your spiritual malady come out looking like? What are you like inside when sober?

3 **What insane ideas do I have that give self permission to drink/use?**
The four ways the thought gets in: *this time it'll be different · this time it'll be worth it · F*** it · no thought at all* — write the words your own head says.

5 **Can I always control the amount I drink/use?**

6 **What does a SPREE look like for me?**

7 **What does Emerging Remorseful FEEL like?**

7 **Have I made previous promises or firm resolutions to stay stopped?**

And did I?

Dr. Silkworth: *"This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery."* pp. xxviii–xxix ¶4 Dr. Jung describes that way out — a vital spiritual experience — as *"huge emotional displacements and rearrangements."* p. 27 ¶4 **Which is exactly what the 12 Steps are designed to do.**

8 **What attempts have you made in the past to stay stopped?**

9 **Have you ever worked all 12 steps and sponsored others consistently?**