

More About Alcoholism

Chapter Three

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic *ever* recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that alcoholics of our type are in the grips of a progressive illness. Over any considerable period we get worse, never better.

We are like people who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other people. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this but it hasn't done so yet.

Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic. If anyone who is showing inability to control their drinking can do the right-about-face and drink normally, our hats are off to them. Heaven knows, we have tried hard enough and long enough to drink like other people!

Adapted from *Alcoholics Anonymous, 4th Edition, pp 30-31*