

MARRIAGE ON THE ROCKS

**Learning to Live with Yourself
and an Alcoholic**

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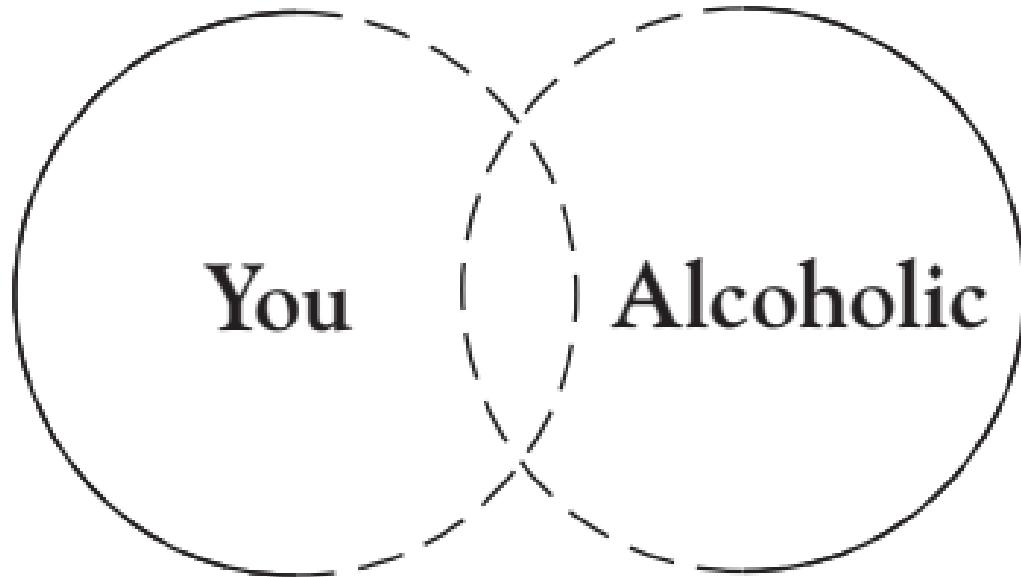
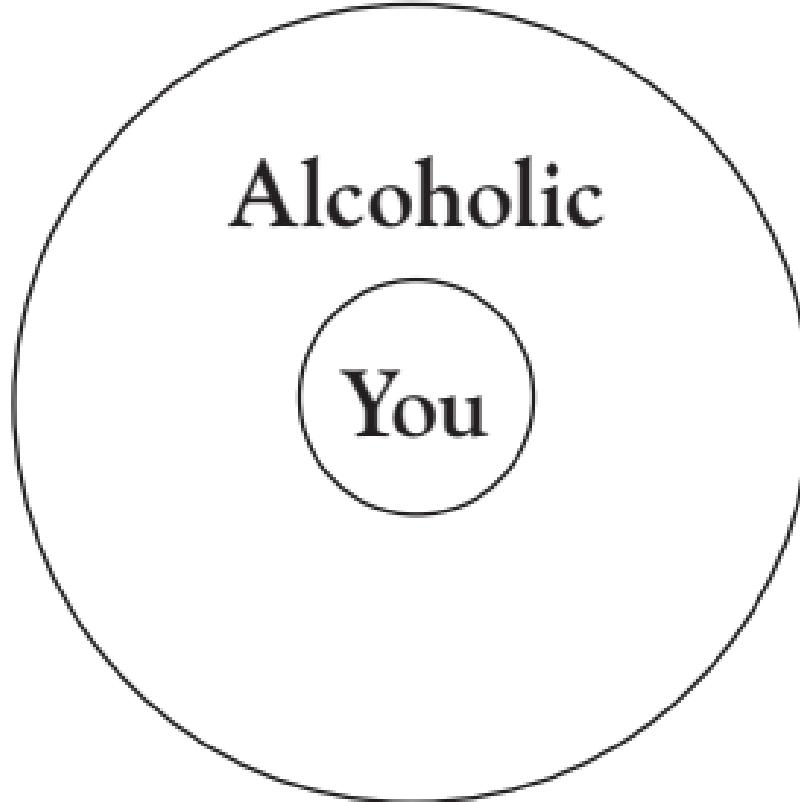


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- Like myself
- Afraid of or hurt by others
- People can trust me
- Put up a good front
- Usually say the right thing
- Feel bad about myself
- Discouraged about life
- Don't like to be around people
- Have not developed my talents
- Glad I'm the sex I am
- Fearful of the future
- Dependent on others for ideas
- Waste time
- Use my talents
- Think for myself
- Know my feelings
- Don't understand myself
- Feel hemmed in
- Use time well
- Can't hold a job
- Trust myself

- Usually say the wrong thing
- Enjoy people
- Don't enjoy being the sex I am
- Often do the wrong thing
- Involved in solving community problems
- People like to be around me
- Competent on the job
- People avoid me
- Uninterested in community problems
- Enjoy work
- Enjoy nature
- Don't enjoy work
- Control myself
- Enjoy myself
- Trouble controlling myself
- Don't like myself



Positively Negative

We drank for happiness and became unhappy.

We drank for joy and became miserable.

We drank for sociability and became argumentative.

We drank for sophistication and became obnoxious.

We drank for friendship and made enemies.

We drank for sleep and awakened without rest.

We drank for strength and felt weak.

We drank “medicinally” and acquired health problems.

We drank for bravery and became afraid.

We drank for confidence and became doubtful.

We drank to make conversation and slurred our speech.

We drank to feel heavenly and ended up feeling like hell.

We drank to forget and were forever haunted.

We drank for freedom and became slaves.

We drank to erase problems and saw them multiply.

We drank to cope with life and invited death.