



# Alcohol Abuse, Alcoholism and Codependence

Instructions: Write your answers on a separate sheet of paper.

1. Why is it not safe for a pregnant woman to drink any alcohol?
2. What is moderate alcohol consumption for an average sized woman and an average sized man?
3. Abuse of alcohol by both alcoholics and non-alcoholics often contributes to injury and property damage. Which contributes to more injury and property damage than the other?
4. What are the three primary effects of alcohol consumption on our brains? Here are some hints. One is the slowing of something that allows us to avoid being injured. Another is the reduction in an ability to do things, such as walking, manipulating things with our hands, and safely driving a car. The third effect of alcohol relates to something we rely on to avoid doing things that are unintelligent or wrong.
5. As a result of the three primary effects of alcohol on our brains, alcohol consumption by teenagers increases the risks of four types of very unpleasant and dangerous events.
6. What is it about the brains of teenagers and young adults that makes alcohol abuse more dangerous for them than for mature adults?
7. There is an old saying that every time a person dies an entire universe is destroyed. With that in mind, answer the following question. Alcohol consumption contributes to approximately \_\_\_\_\_ deaths from traffic accidents in the U.S. each year.
8. Alcohol consumption contributes to approximately \_\_\_\_\_ serious injuries in the U.S. each year. Choose your answer from among the following possibilities:
9. Assault can cause serious physical injuries and is a major cause of post traumatic stress syndrome, which can affect a person for the rest of his or her life if left untreated. Alcohol consumption contributes to approximately \_\_\_\_\_ assaults in the U.S. each year.
10. Sexual assault is a particularly vicious form of assault because it focuses on what should be the means of expressing affection. Alcohol consumption contributes to \_\_\_\_\_ sexual assaults in the U.S. each year.
11. Alcohol is a factor in \_\_\_\_\_ deaths among young people in the U.S. ages 15 to 19. Choose your answer from among the following possibilities: "one out of two", "one out of three", "one out of four", and "one out of five".

12. Alcohol is a central nervous system depressant. This means that alcohol causes our brains to operate \_\_\_\_\_.
13. What percent of the population in the U.S. is alcoholic? \_\_\_\_\_.
14. \_\_\_\_\_ children in the U.S. are affected by alcoholism or alcohol abuse in a family member.
15. Approximately how many children are born with Fetal Alcohol Syndrome in the U.S. each year?
16. Children of an alcoholic parent are \_\_\_\_\_ to be beaten or sexually abused than other children.
17. When did Mary, the alcoholic woman whose situation was described in the handout, "hit bottom" and join Alcoholics Anonymous? Was it when she lost her job, when she bit her favorite nephew while she was in a drunken rage, or when she woke up in a hospital room with a broken collarbone, no memory of how she had fallen?
18. Mary has been in recovery for fifteen years faithfully going to AA meetings several times a week. She has not had a drink of alcohol in all this time. What, if anything, happened to Mary's desire to drink alcohol? What will most likely happen in the future with respect to this?
19. Doctors tell us that alcoholism is a progressive disease. What do they mean by this?
20. Al-Anon is a self-help group for adult family members of alcoholics. What is the name for the self-help group for teenagers with a parent or family member who is an alcoholic?
21. When psychologists are trying to determine whether a person is an alcoholic, they look for five symptoms. One of the symptoms is an increasing tolerance for alcohol so that the person must drink more to feel the effects of the drug. List three of the others.
22. What is "hitting bottom" for an alcoholic and what is the importance of hitting bottom?
23. One of the indicators that a person has a drinking problem is when other people tell that person that they think he or she has a drinking problem. List at least two other indicators.
24. Define the term "enabling behavior" and give two examples of types of enabling behaviors.
25. What is codependence?
26. How does a parent's alcoholism or drug addiction injure his or her children?
27. Describe what is meant by the term "Enabler in Chief" and how that role can harm an individual in a codependent relationship.
28. Describe what is meant by the term "Family Hero" and describe how the role of Family Hero will be damaging to a child in a codependent relationship.
29. Describe what is meant by the term "Lost Child" and how that role can cause harm to a child.
30. Describe one reason relating to enabling behaviors that causes marriages or romantic relationships to break up when one member of the couple enters recovery.