

LIFE IN FOCUS EDUCATION

A.C.T.S MANUAL II

Drug Education Curriculum

By

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ALCOHOL - LESSON ONE

Lesson Objective

The main theme of this lesson is bringing an awareness of the life cycle that can be devolved if the individual is not breaking old habits.

Central points of main topic

Don't be quick to laugh off the harmful effects of alcohol. Anyone can make light of things that they don't want to change.

Focus points of visual application

Alcohol can lock anyone into a failure cycle until they desire to break the life cycle. Just a "want too" is not enough. It will take recognition of the pattern of success and failure that is a consequence of an individual's choice. Expand the understanding that it is easier to fail and start again than to face an uncertain future. Reinforce the positive choice of breaking the cycle but also point out that their cycle pattern expanded but can follow the same old cycle. Failure is still present but the cycle is changing. Identify the trigger points of the cycle you feel the most confident in discussing.

Character points of historical data

Saul possessed all the qualities of a leader but not the character of a leader. Character demands that a leader is always in a state of change to become more. Saul could have done more if he had been willing to break his failure cycles.

Application

To illustrate the hazards of consumption of alcohol, a science instructor placed a live worm into a bottle of alcohol. As everyone watched, the worm began to struggle and die. The instructor felt he had proven his point. To ensure that everyone understood, he asked a student what the object lesson meant to him. The student thought for a moment and said, "I guess if you drink you won't have worms."

We laugh at this type of understanding, but in reality we give some of the same answers. When someone wakes up in the morning with a headache, the first thing he may do is take an aspirin and a little of the hair of the dog that bit him the night before. He thinks he is going to rid himself of a headache and avoid an upset stomach, but in reality, alcohol mixed with aspirin can cause gastric ulcers and sometimes severe bleeding in the stomach. Not only will he not have worms, he takes a chance of creating a health risk by trying to avoid the discomfort.

Because of the pressure of today's lifestyle and demands of performance in the marketplace, people sometimes turn to alcohol for a sense of relief even when they know there is a price to pay. Often they find themselves going out to eat and all they have time for is a few drinks. They think, I will make up for it at dinner, but dinner is another time for alcohol to be the main course. When alcohol is the main caloric intake, it doesn't take long for the body to suffer from malnutrition.

Alcohol abuse is the leading cause of cirrhosis of the liver, which is the ninth leading cause of death in the U.S. Nearly half of all accidental deaths, suicides, and homicides are alcohol related. In one-third of drownings the victims are intoxicated. One-fourth of suicides are intoxicated. With this kind of information available we still find the world in the bottle funny, but has it soaked in what is actually happening to us?

One of the major complaints an alcoholic has is that no one listens to his problems and no one seems to understand him. Each year half a million people were reported to be in a treatment program requiring inpatient hospital care. The economic costs for alcoholism and problem drinking run as high as 117 billion dollars a year. The medical, psychological, and psychiatric costs of alcoholism are estimated at 15 billion dollars a year.

When we go somewhere and feel that we can't socialize without first having a drink, why is it that even after a drink we still find ourselves failing to communicate? When we are disappointed and feel rejected and misunderstood, the frustration spills over to the family, and they suffer along with us.

Visual Application

A
What we were



Past

B
What we are



Present

C
What we will be



Future

This is what we once were. We can look at this unhappy, misunderstood person and say, "He is behind me. This is the way I once was, and I'll never be like that again." We could make a list of all the things we don't like about this man.



A

*Mean
Heavy Drinker
Selfish*

The first thing we might list is that no one likes him because he is mean. No one likes to be around someone who treats everyone ugly. We all want to be treated nice.

Maybe the next thing would be, he drinks too much and makes a fool of himself. We have in our mind how cool we are because we can drink a lot, but where does the money come from? Are we having to lie to our spouse about our paycheck? You can only claim to have been robbed or to have lost your checks so many times.

The last thing we will list is that this man is selfish. When we only worry about ourselves, we close off relationships. It is amazing how many things I can think of that you can do for me. I want you to sit around all day trying to think of things you can do for me, and when you don't do what I want, I get angry. That sounds funny, but in reality, that is what we do.



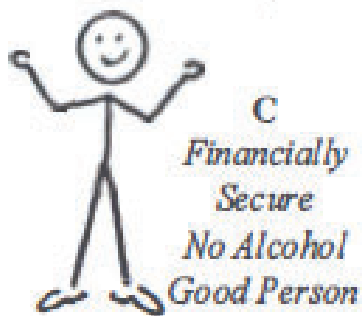
Here is where we are today. We are not completely what we want to be, but we are better than we were. We have made some changes. We first decided, I'm going to be a little nicer. They always say the guy that's a little meaner than you is out there, so we have decided to be nicer so we won't

meet him. We still are not ready to author a book on winning friends and influencing people, but we are doing better.

Next we decided to cut back on our drinking. It's easier to cut back on our drinking than it is to keep making up lies about our money. One thing about a lie, if you don't write it down you'll forget it and you have to make up another to cover the one you forgot.

The next thing is, we decide to try not to be so selfish. We are to try to give more of ourselves to our spouse and kids. This puts us in our present condition. We now feel that we are becoming a better spouse and co-worker because we are not fighting and arguing every day. We managed to cut back to one fight once a week, so we are doing better. We've cut back on our drinking

and are trying to cope with life. We are now giving more as opposed to always trying to be number one. We find that we like our present state and could be comfortable there, yet we want to continue growing.



We all would like to be something more than we are right now. Some of us want to be rich or at least to be able to pay our bills on time. Some of us want to be totally free from alcohol and its lifestyle. We all want to be a good spouse and parent. All these things are goals we want to reach, but we must take steps to get there.

To go from where we are now to_ having more money, we must make some changes. We will have to work a steady job. I know that for some people



B

*Get Job
Stop Drinking
Communicate*



C

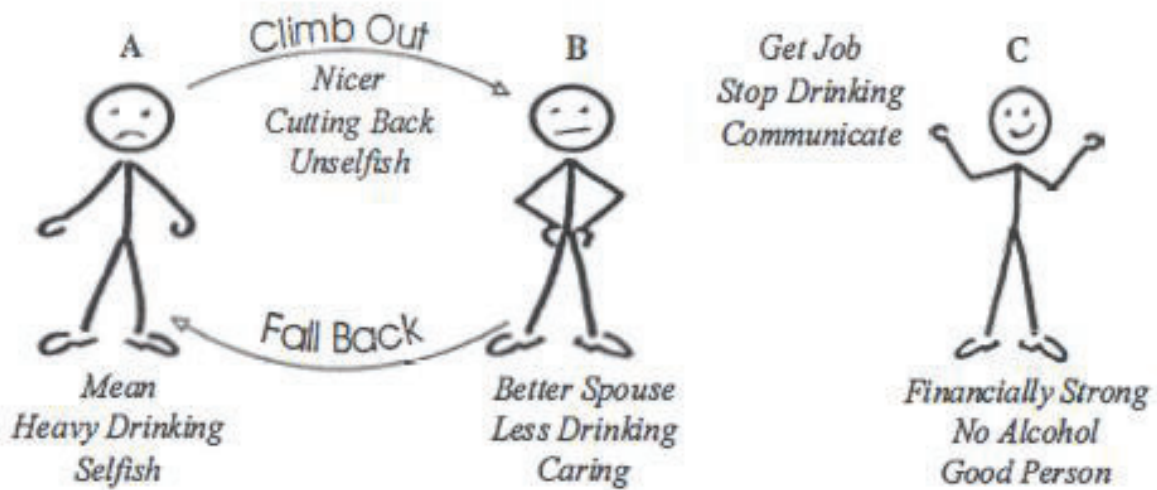
this statement is close to profanity but nonetheless it is -the truth. We must realize that alcohol has been a problem for us, so we must stop drinking.

Communication is one of the hardest areas because it requires so much from us. We get used to assuming that people can read our minds. We say things to get attention without actually saying, "I need you to give me some attention." When our spouse does not react the way_ we want, then we get mad. But we must not be afraid to say exactly what we are feeling.

We can change the way we were and maintain a positive attitude for a while, but alcohol has a tendency to pull us back again. (Point to B.) Here you are, kicking through life, and things are going smooth. But then something happens. Maybe the spouse or kids get on your nerves, so you drink a little. Then you drink a little more and you find yourself going backwards instead of forward. (Draw arrow from B to A.) All- the progress you made goes down the tube and you find yourself back like your past person.

You take the same steps again to go from A to B. (Draw arrow A to B.) But instead of really making progress you find yourself going back and forth between A and B, doing better than mess-ing up all the time, but never reaching the things in C you want the most.

It takes a lot of work to go from B to C, but anyone can go back and forth



between A and B. We can destroy ourselves so easily if we don't reach out for help.

Saul

Saul was the first king of Israel. When looking at his beginning, you would never suspect a communication problem. Shortly after Saul became king, the Ammonites came to Jabesh-gilead, a city in Israel, and threatened to conquer it. The people of Jabesh offered to become servants of the Ammonites so there would be no battle, so their homes and crops would not be destroyed. The Ammonites insisted, however, that they would agree to such a covenant only if they could put out the right eye of every man in the city.

The leaders of Jabesh asked for seven days first to see if anyone could save them. When messengers brought the news to Saul, he became angry. Saul took a yoke of oxen, cut them in pieces, and sent them throughout Israel with a message that if Israel didn't come and help him he would do the same to that person's oxen.

Everyone came out and followed Saul's plan. Saul divided Israel up into three companies and easily defeated the Ammonites.

Saul was king for two years when the Philistines came against Israel. The prophet Samuel was to offer a burnt sacrifice before the battle. As time for battle approached, Samuel had not yet arrived, so Saul offered the burnt offering himself. Just as Saul was finished, here came Samuel. When questioned why he usurped the prophet's role, Saul told Samuel that the people were already gathered and the battle was ready to be fought, so he forced himself to do this. Saul was afraid to tell the people they had to wait, so he did what he knew was wrong.

Soon after, Saul received divine instructions to destroy the Amalekites. He was to slay every-thing that had breath. On the way home from battle, Saul met Samuel. Saul said, "I have done as the Lord commanded." But Samuel asked him, "What are the animals and king doing alive?" Saul answered, "I feared the people and obeyed their voice."

Because of Saul's disobedience the rest of his days were full of trouble. At the end of Saul's life we find him seeking advice from a fortuneteller, losing a battle with the Philistines, and soon afterward committing suicide. A man who started out uniting a nation, ended his life in defeat, all because the lack of motivation to do what was right had left him.

What is our motivation today? Are we tired of living in the same cycle over and over? What are we going to do to break the cycle?

A.C.T.S. Alcohol/Chemical Treatment Series

LESSON ONE SUPPLEMENT

Alcohol

1. Discuss some health hazards from consuming alcohol.
2. Discuss some of the harmful effects alcohol consumption has on the family.
3. Discuss some of the harmful effects alcohol consumption has on society.
4. Describe the cycle you see most in your life.
5. Briefly describe how your life compares to Saul.