

Dr. William D. Skyworth's Five Point Description of Alcoholism

"Our Description of the Alcoholic"

- 1. The Physical Addiction/Physical Craving (or Allergy) to Alcohol (Drunk Problem)**
 - We believe and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving (physical craving) is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form (XXVIII 4th Edition)
 - All these, (types of alcoholics) and many others, have one symptom in common: They cannot start drinking without developing the phenomena of craving This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. (XXX 4thEdition)

- 2. The Mental Compulsion/Mental Obsession-Leads to The First Drink (Drunk Problem)**
 - The sensation is so elusive that while they admit it is injurious, they cannot after a time differentiate the true from the false (XXVIII 4th Edition)
 - After they have succumbed to the desire again....they pass through the well know stages of a spree, emerging remorseful with a firm resolution not to drink again. This is repeated over and over
 - These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind rather than in his body (pg. 23)

- 3. Problems Continue to continue to get worse, never better (Sober Problem)**
 - Once having formed the habit and found they cannot break it, once having lost their self confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve. (XXVIII 4th Edition)
 - They (chronic alcoholics) are restless, irritable, and discontented unless they can experience the sense of ease and comfort which comes at once by taking a few drinks, drinks which they see others taking with impunity (XXIX 4th Edition)

- 4. Alcoholics Like the Effect Produced by Alcohol**
 - Men and women drink essentially because they like the effect produced by alcohol.....They are restless irritable and discontented, unless they can again experience the sense of ease and comfort that comes at once by taking a few drinks (XXVIII 4th Edition)

- 5. Delusion Leading to Denial of Points**
 - The sensation is so elusive that while they admit it's injurious, they cannot after a time differentiate the true from the false. To them their alcoholic life seems the only normal one. (XXVIII 4th Edition)
 - The delusion that we are like other people, or presently may be, has to be smashed. (pg.30 4th Edition)