

## **Appendix A—Jellinek Charts for Men and Women**

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## Symptoms and phases of alcoholism in men

Have you ever experienced—

YES?

### Prodromal phase

1. Increased tolerance (need to drink more to get the same effect)? \_\_\_\_\_
2. Temporary loss of memory (blackouts, times you couldn't remember what you did)? \_\_\_\_\_
3. Sneaking a drink when no one was looking? \_\_\_\_\_
4. Preoccupation with drinking (thinking about drinking while working, etc.)? \_\_\_\_\_
5. Hurried drinking ("chasing a high")? \_\_\_\_\_
6. Avoided talking about your drinking because it made you uncomfortable? \_\_\_\_\_
7. Loss of memory (can't remember things you said, what you were supposed to do)? \_\_\_\_\_

### Crucial (basic) phase

8. Loss of control (unable to predict how much you'll drink)? \_\_\_\_\_
9. Justifying (making excuses for drinking)? \_\_\_\_\_
10. Disapproval from others about your drinking? \_\_\_\_\_
11. Being extravagant with money? \_\_\_\_\_
12. Aggression (verbal or physical)? \_\_\_\_\_
13. Remorse (or guilt or depression about drinking)? \_\_\_\_\_
14. Periods of abstinence (times when you tried to stop drinking)? \_\_\_\_\_
15. Changes in your pattern of use (switching types or brands of alcohol)? \_\_\_\_\_
16. Losing friends (or having fights with them) on account of your drinking? \_\_\_\_\_
17. Losing a job or getting into trouble at work on account of drinking? \_\_\_\_\_
18. Giving up old hobbies or activities in order to spend time drinking? \_\_\_\_\_
19. Having to get treatment of some form for your drinking? \_\_\_\_\_
20. Feeling resentful a lot toward others? \_\_\_\_\_
21. Escape (moving or changing friends in an effort to get a "fresh start")? \_\_\_\_\_
22. Protecting your supply (hiding a stash of alcohol)? \_\_\_\_\_
23. Drinking in the morning (or before work)? \_\_\_\_\_

**YES?**

**Chronic phase**

- 24. Drinking more or less continuously for at least 18 hours (a "binge")? \_\_\_\_\_
- 25. Doing things that violate your own ethical or moral standards? \_\_\_\_\_
- 26. Inappropriate (or confused) thinking, such as hearing voices or not knowing where you are? \_\_\_\_\_
- 27. Decreased tolerance (feeling and acting drunk after just one drink)? \_\_\_\_\_
- 28. Vague fears or anxiety? \_\_\_\_\_
- 29. Tremors (shaky hands)? \_\_\_\_\_
- 30. Feeling hopeless or suicidal? \_\_\_\_\_

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Source: Adapted from Jellinek, E.M. A chart of alcohol addiction and recovery. *Journal of Iowa Medical Society* Mar. 1964.

## Symptoms and phases of alcoholism in women

Have you ever experienced—

YES?

### Prodromal phase

1. Increased tolerance (need to drink more to get the same effect)? \_\_\_\_\_
2. Unwillingness to discuss drinking? \_\_\_\_\_
3. Feelings that women who drink excessively are worse than men? \_\_\_\_\_
4. Personality changes when drinking? \_\_\_\_\_
5. Drinking more just before your menstrual period? \_\_\_\_\_
6. Feeling more intelligent and capable when drinking? \_\_\_\_\_
7. Being “supersensitive”? \_\_\_\_\_

### Early stage

8. Periods of abstinence (times when you’ve tried to stop drinking)? \_\_\_\_\_
9. Disapproval from others about your drinking? \_\_\_\_\_
10. Rationalizing (making excuses for) drinking? \_\_\_\_\_
11. Temporary losses of memory (blackouts, times you couldn’t remember what you did) when drinking? \_\_\_\_\_
12. Unexplained bruises or injuries? \_\_\_\_\_
13. Drinking before facing a new situation? \_\_\_\_\_

### Middle stage

14. Neglecting eating? \_\_\_\_\_
15. Protecting your supply (hiding a “stash” of alcohol)? \_\_\_\_\_
16. Self-pity (feeling sorry for yourself)? \_\_\_\_\_
17. Feeling resentful toward others? \_\_\_\_\_
18. Being permissive or lax with your children because of guilty feelings about drinking? \_\_\_\_\_
19. Drinking to feel happier but finding yourself feeling more depressed? \_\_\_\_\_
20. Being told by others that you “couldn’t be an alcoholic”? \_\_\_\_\_
21. “Predrinking”—drinking before a drinking occasion; or “postdrinking”—continuing to drink after a drinking occasion? \_\_\_\_\_

	YES?
22. Feeling guilty about drinking?	_____
23. Drinking more or less continuously for a period of at least 18 hours?	_____
Late stage	
24. Starting the day with a drink?	_____
25. Tremors (shaky hands)?	_____
26. Decreased tolerance (feeling and acting drunk after just one drink)?	_____
27. Sneaking drinks?	_____
28. Gulping drinks?	_____
29. Persistent remorse?	_____
30. Devaluing personal relationships?	_____
31. Carrying liquor in your purse?	_____

Source: Adapted from James, J.E. Symptoms of alcoholism in women: A preliminary survey of AA members. *Journal of Studies on Alcohol* 36(11):1564-1569, 1975. © by Journal of Studies on Alcohol, Inc., Rutgers Center of Alcohol Studies, New Brunswick, NJ 08903. Used with permission.