

Chapter 2: Experience: The Qualities of Addiction

1. How do you recognize yourself or any of your loved ones in the stories May shares at the beginning of Chapter 2? Explain

Answer: While reading chapter 2, I recognize my dad who was addicted to Alcohol. My dad was a functioning alcoholic and would never admit that he was an addict. My dad went to work every day but would never drink water. Only liquor or Budweiser morning, noon and night. He died 7 years ago due to alcoholism.

2. May lists five characteristics that define true addiction: tolerance, withdrawal, self-deception, loss of willpower, and distortion of attention. Which of these do you relate with? Explain.

Answer: I can relate to 2 out of the 5 the most.

Withdrawal Symptoms: When my dad suffered 2 strokes back to back due to his addiction to alcoholism, he went through serious withdrawal symptoms of alcohol. The 2nd type of withdrawal symptom that I experienced is rebound or backlash reaction. I watched my dad become depressed and extremely quiet and fatigue. His body was going through serious withdrawal.

The other one I can relate to was Self Deception. I remember my dad falling and busting his entire mouth open due to being intoxicated, still in denial when asked are you an alcoholic. He said no until the day he died.

3. On page 30, May addresses idolatry. Do you agree or disagree with May's thoughts? Explain

Answer: I agree with May's thoughts on idolatry. Yes, we can love God and remain spiritual, but we all must review our actions while we live in our addictions. Idolatry is real when we are addicted to something or someone. Defensiveness is a behavioral trait that comes with a person that idolize his or her addiction is questioned.