events months le Date Address Davtime Phone Number SOS. AA 2-3X week John Smith goes to ___(named treatment type)__ meetings ___(how often?)__ and gets praise and encouragement from (named people), in his commitment to stay away from alcohol. NO "John Smith's is my "(relationship) and Thave known him since (date) 2007 name 10 Some people may meetings) He does usually doesn't participate in events where alcohol is present, except a rare (named event), but even then he stays away from drinkers. He won't touch any alcohol drinks at all. family events. John's favorite drink was (type of alcohol) which he generally drank (amount/frequency). He exhibits no evidence of alcohol use, like (named signs of alcohol usage) -DISEE LAST each other (number)² times a week at (location) AA MEETINGS & AA EVENTS From what I have seen and known, John has been absolutely 100% alcohol-free since (date) when he drank (amount/type of alcohol) 3-4 mixed drinker 2007 Name NOTARY CERTIFICATION Signature Date Address **Daytime Phone Number** GRC for the A.A mesting and I am John Smith's <u>(relationship)</u>. "My name is 💆 2-3 they/weak John faithfully attends _____(named treatment type) A4 meetings and normally goes to them _____ often?) . On the average, I see him (number) times a week at (location) AA or at around <u>amount/type of alcohol</u> on that date. 3-4 mixed drinks OUNAS. (location) . Ever since ((date)) John has not used any alcohol whatsoever at all. He drank around <u>amount/type of alcohol</u>) on that date. 2007 3-4 mixed drinks 1-2 events/month 2007 0n average, John he would drink ((amount/frequency)) back when he drank. John's main drink Kum (coke 1 1) 1 first not back back the ever since (date) was (type of alcohol). I first met and have known John ever since (date). He never shows any signs use, (e.g. NO <u>(named signs of alcohol usage)</u> FOR LIST PAGE SEE LAST His total commitment means he is today __(list improvements in person's life)_." He usually involves himself in non-drinking activities, but at the ____(named event)____ that he goes to every once in awhile, he steers clear of any bar and doesn't really mix with the people who are using alcohol. John has good support (named people), who he confides in and they assist him in his alcohol free way of living. WIDEK EVENTS (USUALLY LUNCHES) NAME A COUPLE Name PEOPLE IN OUR AA MEETING Signature + MY WEE, NOTARY CERTIFICATION

* S.O.S. = SECRETARY OF STATE (MICHIGAN) [MOTOK VEHICLE LICENSING AUTHORITY] OTHERS

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Secrecy- Denial of Any Problems Select 3-4 tems Isolating from Family and Old Friends Change of Friends that appear to have a Negative Influence Depression or Mood Swings School Changes, Grades Down, Skipping, Detentions, Suspensions Physical Symptoms (Red Eyes, Unkempt Appearance, Looks less healthy, Disheveled, Needle Marks) Don't Care Attitude (Has an Excuse for all his Behavior which Throws Parents Off) á.**%** Money Problems -Drug Paraphernalia (Pipes, Tubes, Bongs, Plastic Bags filled with what look like Herbs, Minors, Razor Blades) Gets Drunk Every Time he Drinks, believes this is why one Drinks! IMPROVENED TS - NO DESIRE TO DRINK A VERY IMPORTANT. - HONESTY & OPENESS - POSITIVE & OPTIMISTIC - LOOKING FORWARD TO THE FUTURE - STRONGER PEFORMER AT. WORK / AA MEETINGS / HOME - PHS PHYSICALLY IN BETTER SHAPE; GOES TO GVM - 6-7 days/week. - MORE PATIENCE MORE HUMBLE/LESS EGO - FOAT OUT GOING - ETC. .. ANDY OTHER IMPROVEMENTS YOU NOTICED. OR IF YOU KNOW SOME OTHER ITEMS BESIDES THE ONE ABOVE, PLEASE USE

http://www.crescentlife.com/family%20matters/signs of alcohol drug usage.htm