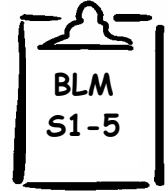


## Trevor's Story



Read Trevor's Story and answer the questions on the following page.

### STAGE 1: Initial Use

"Always ready for fun" is how Trevor's friends used to describe him. At 14, Trevor was someone whose life seemed pretty well together. A good student, well-liked, and a talented basketball player, Trevor had big dreams for his future. While school wasn't easy for Trevor, he worked hard, and planned on going to college someday. His parents were proud of him, and his little brother, Andy, tried to be with Trevor whenever he could.

Trevor and his best friend Jim were inseparable. They had basketball practice every day after school and worked together at a pizza place on Saturdays. Both of them were saving money for college. They were also starting to drink.

The drinking started at Jim's house. Trevor and Jim had wondered why drinking was such a big deal with some of the older kids at school. It was exciting to sneak a few bottles of beer when no one was home. Trevor disliked the taste, but he liked bragging to his friends at school about what they were doing. It made him feel older. The part he didn't like was lying to his parents.

### STAGE 2: Regular Use

The next school year Trevor and Jim got together with friends almost every weekend. When they got bored, somebody would get some beer. Because Trevor knew his parents would disapprove of his drinking, he seldom had friends come to his house. Besides, his brother, Andy, was always hanging around.

One time Trevor got so drunk at Jim's house that he passed out in the yard. When his parents found out, he lied and told them it was the first time it had happened. In truth, he had been drunk many times before. What really bothered him was that he had promised himself "only a few drinks tonight," and then he had gotten drunk anyway.

More and more of Trevor's friends were ones who drank and who used other drugs, too. Sometimes Trevor and his friends had fun, but often they ended up in fights. One time neighbours called the police.

### STAGE 3: Preoccupation

Trevor wasn't sure why, but by the time he was 16, some important things in his life were slipping away. He was flunking math and behind in history. The coach, who used to like him so much, always seemed to be mad at him. Sometimes after practice, Trevor felt like he needed a drink.

And then things got worse—fast. Trevor was picked up for drinking and driving. Fortunately, no one was hurt. But the results were still painful. Not only did he have to pay a fine and court costs, he lost his driver's license as well. The next blow came when the coach kicked him off the team for breaking training rules. Even his little brother acted strange. Once when Andy saw Trevor drinking in his room, he yelled angrily, "Stop breaking Mom's heart."

His friend, Jim, wasn't fun to be around anymore. He was always hassling Trevor about drinking too much. More and more Trevor preferred to be alone. He no longer drank to be sociable. Now he did it to avoid the problems in his life. His newest problem was that his savings from his job were gone, and he wasn't even sure how he had spent the money.

### STAGE 4: Dependence

Trevor tried to pretend that everything was okay, but without a drink, he felt nauseated and shaky. Often he would have five or six drinks in an hour or two. He had to drink more and more to get the same effect. It seemed to be the only way he could feel "normal."

Because he was always fidgety and restless, he avoided doing anything with his family. No one seemed to know what was wrong. When his parents questioned him, Trevor would storm out of the house. When they grounded him, he would sneak out anyway.

At 17 Trevor quit school and moved out of the house. He promised his family, "Don't worry. I can take care of myself." But, in truth, he couldn't cope with school, family, or anything—especially when he needed a drink just to start the day. He told himself that everything would soon be all right. That is, if he could keep his job at the pizza place.

It was when he got fired from his job that he realized he was in trouble.