

Lauren's Addiction and Recovery

Feelings of guilt and remorse increase leading to shame

Secret drinking increases

Relationship with mother breaks down – blames mother for all faults whether true or not

Relationship with friends breaks down due to impaired thinking, resentments and irrational jealousy

Low self-esteem, self confidence and self worth manifest

Drink binges length increases to 4 to 5 days

Aggressive behaviour leads to more trouble with friends and family and law

Tries a geographical escape to Scotland

Neglects eating properly

School and money worries increase

Loses interest in all other activities

Tremors, shaking and 'DTs' start becoming normal practice

Fully avoids family and friends

Decrease in tolerance of alcohol, i.e. gets drunk easier

All alibis and excuses for drinking are exhausted

Back in Eastenders as one of the more positive characters

Interesting, new way of life opens up

Branning family and friends notice an improved Lauren

Contentment begins and starts to flourish

Higher levels of contentment than ever before

Increase in emotional control

Steps to economic stability taken

Starts to face all life obstacles with courage

Group therapy continues

Develops new interest and new circle of friends

Appreciates hope of new way of life

Employment and career opportunities open up

Natural sleep returns

Changes way of thinking about addiction and self-esteem returns

Doesn't want to run away from The Square

Family and friends notice change

Starts group therapy and meets likeminded people

Feels better physically

She learns that she can control her addiction and gets new hope

Learns that alcoholism is an illness and can be treated

Therapy begins, starting with one-to-one counselling

Begins a medical detox to help with withdrawals

Lauren enters rehab