










Standard Drinks


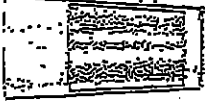





How many standard drinks are in each picture?
 Place the correct number under each image.

			
25.3oz Bottle of Wine 12% Alc./Vol	22oz Bottle Beer 5% Alc./Vol	40oz Forty Malt Liquor 7 % Alc./Vol	12oz X 2 Beer 5 % Alc./Vol

			
5 oz Wine 12% Alc./Vol	3.5oz Port/Sherry 17% Alc./Vol	3 oz Spirit/Liquor 40% Alc./Vol	

What's a "standard" drink?

Many people are surprised to learn what counts as a drink. In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol. Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink.

12 fl oz of regular beer	≈	8-9 fl oz of malt liquor (shown in a 12-oz glass)	≈	5 fl oz of table wine	≈	3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown)	≈	2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown)	≈	1.5 oz of brandy (a single jigger or shot)	≈	1.5 fl oz shot of 80-proof spirits
												
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 17% alcohol		about 24% alcohol		about 40% alcohol		about 40% alcohol

How many drinks are in common containers?

In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol. Below is the approximate number of standard drinks in different sized containers of

regular beer (5% alc/vol)	malt liquor (7% alc/vol)	table wine (12% alc/vol)	80-proof spirits (40% alc/vol)
12 fl oz = 1	12 fl oz = 1½	750 ml (a regular wine bottle) = 5	a shot (1.5-oz glass/50-ml bottle) = 1
16 fl oz = 1⅓	16 fl oz = 2		a mixed drink or cocktail = 1 or more
22 fl oz = 2	22 fl oz = 2½		200 ml (a "half pint") = 4½
40 fl oz = 3⅓	40 fl oz = 4½		375 ml (a "pint" or "half bottle") = 8½
			750 ml (a "fifth") = 17

<http://rethinkingdrinking.niaaa.nih.gov/WhatCountsDrink/HowManyDrinksAreInCommonContainers.asp>

System Dynamics Of The Chemically Dependent Family

ROLE	SURVIVAL CHARACTERISTIC	INNER FEELINGS	QUALITIES TO THE FAMILY	OBSERVABLE BEHAVIOR	FUTURE WITHOUT HELP	FUTURE WITH HELP
DEPENDENT	Relief of pain, escape from problems, escape from self.	Shame, guilt, fear, paranoia, anxiety, depressed, anger with self & world.	None.	Chemical abuse, addiction (alcohol & other drugs), self center, irresponsible.	Loss of family, loss of job, health problems, death, insanity.	Life, serenity, happiness.
CODEPENDENT	Feeling of importance, self righteousness, control, caretaker.	Anger, fear, anxiety; guilt, victimized, depressed, lonely, responsible, lacks trust.	Responsibility.	Powerlessness, caretaking, super responsible, distractible, emotional.	Continues to seek needy people, loss of family & friends, health problems, anxiety, insanity	Sanity, serenity, detachment with love.
Chief Enabler						
FAMILY HERO	Successful, responsible, independent, well disciplined, people pleaser, rescuer.	Anxiety, confused, isolated, victimized, poor self image, self hate, anger, guilt, lack of trust with self.	Self-worth, family pride.	Super achiever, good grades, many friends, in control, leader.	Workaholic, never wrong, physical problems, money problems, marry dependent.	Relax, accepts failure, takes responsibility for self, good leader, Less self doubt & anger.
FAMILY SCAPEGOAT	Hostile, defiant, angry.	Isolated, depressed, hurt, guilt, shame, abandoned.	Child removes focus from the chemically dependent person.	Seeks negative attention, won't compete with hero, identify problems, learning disabilities.	Begins drinking at early age & more, trouble in school & with law, most likely to go to prison.	Accepts responsibility, ability to reality, good counselors, seeks positive attention.
MASCOT	Immature, humorous, hyperactive, likes to attract attention, fragile.	Insecure, sad, fear, lonely, confused, guilt, anger.	Brings relief through humor and fun, "The Comic".	Difficulty expressing feelings, learning disabilities, short attention span.	Anxiety, compulsive clown, difficulty with intimacy, immature, marries hero, early drinking.	Mature, responsible, less of a clown, good sense of humor, able to express self, more secure.
Family Pet, (Usually last born)	Withdrawn, aloof, quiet, distant, independent.	Lonely, rejection, hurt, depression, unimportant, inadequate, anger, hopeless, helpless.	Comfort, relief (one child not to worry about).	No friends, quiet, no identity, follower, won't challenge authority, sense of victim, fantasizes.	Low motivation, identity problems, promiscuous or loner, dies early, eating disorders.	Talented, creative, independent, imaginative, self actualized.
LOST CHILD	Absent					