



### ***My Name is Bill W. Movie Worksheet***

1. Bill W. began drinking while in the military. Upon his return home, what was the event that triggered his spiral out of control? Was there an event that triggered an increase in your use?
2. List three relationships damaged due to Bill W.'s alcoholism and explain each.
3. Who is Dr. Silkworth? What did he relate alcoholism to?
4. Explain why Bill's wife, Lois, stayed with him.
5. In the movie, Bill makes multiple promises to family regarding his alcohol intake, which he later breaks. Name an instance when you made and then later broke a promise to family and/or friends and explain.
6. Do you believe that Alcoholics Anonymous (AA) will help you to stay sober? Explain your answer,

7. At the end of the movie a sober Bill returns to New York and is greeted by his longtime friend Ebby, who has relapsed and is drunk. How would you have handled this situation?
  
8. What were some excuses that Bill used regarding his continued alcohol problems?
  
9. Was there anything that Lois (Bill W.'s wife) could have done to prevent his destructive using behaviors? Explain.
  
10. Did you experience any cravings while watching this movie? What kind? When?
  
11. What led Bill to contact Dr. Bob? What developed from their mutual support of each other?
  
12. During the movie, Bill's friend Ebby stated that she was able to become sober due to "finding religion," but later relapsed. What additional tool, other than a higher power, did Bill W. use to maintain his sobriety?

13. While out drinking, Bill W. missed a major medical situation with his wife, Lois. What was this life-threatening event? Have you ever been unavailable during a family/friend's crisis due to your addiction?
  
14. Did you have any cravings during this movie and if so, when? And how did or do they make you feel?
  
15. In the movie, Bill finds the information in the desk drawer on the sanatorium and he becomes very upset. If he had not been under the influence, how could his reaction and outcome have been different in that situation?
  
16. Have any of your family members reacted to you in the way Bill's father-in-law did to him?
  
17. Has your addiction ever caused you to lose your job like Bill?
  
18. Have you ever used your addiction to justify not working or to celebrate an occasion or holiday?

19. Has there ever been a time when you stayed out for days and your family did not know where you were or how your physical and mental well-being was? What was their response to you when you appeared or returned home?

20. After watching this movie, would you have stayed committed to your relationship/marriage during all the trauma and trials that Lois was put through? Why or why not?

21. Do you feel that Lois enabled Bill's addiction? Why or why not?