

CHAPTER 7

ALCOHOL

REAL LIFE SCENARIO

Alyssa and Todd are college juniors. Todd was a very serious student in high school and achieved excellent grades, but as a college student he has begun binge drinking. As a result, his grades have fallen sharply and he is becoming socially isolated. He has been arrested once for drunk driving.

Last night, Todd had eight beers and three shots of whiskey at an off-campus party he attended with Alyssa. Unfortunately, everyone who knows Todd says he tends to get angry and says things he doesn't mean when he drinks too much. He also has been involved in several fights.

As the party began to die down, Alyssa tried to get Todd to leave. He responded rudely and forcefully grabbed her arm, shaking her. She became frightened with his aggressive behavior and left without him.

The next morning, Alyssa awoke early, still thinking about the hurtful events of the previous night. She decided to email Todd, expressing her anxiety about his alcohol abuse. She did not want to see everything he had worked so hard for ruined by alcohol.

What should Alyssa say in the email about alcohol and how it affects various organs in the body? What long-term problems are associated with such alcohol abuse? Is Alyssa correct in taking the initiative to communicate her concerns to Todd about his drinking problem?