Women In Recovery
Discussion Guide
for
Lipstick & Liquor
SECRETS IN THE SUBURBS
Directed, Written, and Produced by
Lori Butterfield
“I didn’t talk about it. I was afraid to mention that those thoughts were entering my mind. Instead of picking up the phone and calling someone or going to a meeting and asking for help, I started the spiral of using drugs again.”

— Mary
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“I got to the point where I could not imagine my life without drinking. I was a crazy drunk bitch.” — Emily
This guide is created to facilitate conversation about addictions, alcoholism, and substance abuse with an emphasis on issues specific to women facing these issues in conjunction with screening of *Lipstick & Liquor*.

This guide is suitable for a wide range of audiences including:

- Alcoholics
- Women in recovery
- Families and friends of alcoholics and substance abusers
- Professionals working with clients in recovery
- Community organizations
- College students
- At risk teens
My name is Lori . . . and I am not an alcoholic. I say this with the deepest humility and gratitude. The truth is, I admit to enjoying a glass of wine with a meal or having a cocktail to celebrate life with family and friends. And, while I definitely did my share of drinking in college, I could never really hold my liquor. After one too many, I was the girl who threw up on her shoes.

I didn’t know Julie Kroll. My interest in telling her story, and in raising awareness about alcohol abuse and alcoholism with women, actually began with the story of Diane Schuler. In the summer of 2009, Diane made headlines after killing eight people, including herself, while driving the wrong way on the Taconic Parkway in Westchester County, New York. Toxicology reports revealed she was both drunk and stoned, but her family vehemently denied Diane had a problem.

In November of that year, I was working on a production project with the Ad Council about Buzzed Driving and read a startling statistic – the number of DUI arrests for women had shot up more than 30% in the last decade while the rate for men was going down. Binge drinking for women was also on the rise. Something was clearly happening, but I hadn’t yet connected the dots.

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Without Julie’s story, I would not have embarked on this journey, nor would I have gained the understanding I now have about the disease of alcoholism. Before Lipstick & Liquor, I can truthfully admit, I was one of those who had a tendency to silently judge women who couldn’t control their drinking, especially mothers. How could they endanger their children? Why can’t they stop drinking? Don’t they know better? Now, I know better.

Lipstick and Liquor owes everything to Mary, Emily, Hayley, and Jodie for their heartfelt honesty and for their courage in sharing their stories with others. It owes everything to Dr. Anita Gadhia-Smith, Dr. Deidra Roach, Dr. Bernadette Solounias and Hanna Rosin for their profound and meaningful commentary about the role of women and the impact of alcohol in their lives. It owes more than I can ever adequately express to Jerry — Julie’s husband — for the content of his character and for the deep love he has for Julie. We hope Lipstick & Liquor will inspire a new dialogue between individuals and with society at large so that women everywhere who struggle with alcohol will be inspired to lead a life of recovery and joy.

LORI BUTTERFIELD is an Emmy Award-winning producer, director and writer whose credits include television programming for National Geographic, Discovery, Animal Planet, Travel Channel and Discovery’s Science Channel. Lori has been working in production for more than twenty years, traveling to 50 countries on six continents. Her work has taken her from the rainforests of Rwanda to the Australian Outback, the Persian Gulf desert to the North Pole bringing engaging, dramatic subjects to life.

Lori spent a combined decade working at National Geographic and Discovery Networks. Previously, she spent four years with Australia’s Seven Network, working in both Sydney and Washington, DC. Lori’s other television credits include the highly successful launch of King World’s nationally syndicated magazine program, American Journal. She began her television career in Atlanta, in the fast-paced news operations of CNN and Headline News.

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Facts on Women and Addiction

- Alcohol use by women is more prevalent, more severe and more destructive than many people recognize.

- According to Center for Disease Control and Prevention, “Nearly 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol related causes annually making it the third leading preventable cause of death in the United States.

- While one drink per day is considered to have health benefits, there are no health benefits if a woman drinks more than 1 drink in a day.

A single drink per day may lower their risk of coronary heart disease in women 55 years and older. HOWEVER: according to the National Cancer Institute, women who drink increase their risk for several type of cancer, including:
  - Breast cancer
  - Mouth cancer
  - Esophageal cancer
  - Cancer of the pharynx and larynx
  - Liver cancer

- According to the National Institute on Alcohol Abuse and Alcoholism, more than 4 drinks in a 2 hour period is considered binge drinking for women.

- SAMHSA defines binge drinking as 5 or more drinks in 1 day once or more in a 30-day period.

- In 2012 more than 10% of children lived with a parent with an alcohol problems.

- To remain at low risk for problems related to alcohol women should drink fewer than 4 drinks in any one day and fewer than 7 drinks per week.
In a summary of their 2013 findings the National Survey on Drug Use and Health reported the following data:

- 57% of women 18-25 reported current drinking, 1 drink in the last 30 days
- 31% of women 18-25 reported binge drinking, 5 or more drinks on one occasion in the last 30 days
- 50% of women 26 or older reported current drinking, 1 drink in the last 30 days
- 15% reported binge drinking.

A woman drinking during pregnancy can cause her child to be born with fetal alcohol spectrum disorders. The fetal alcohol disorders include:

- Brain damage
- Facial anomalies
- Growth deficiencies
- Defects of the heart, kidney and liver
- Vision and hearing problem
- Skeletal defects
- Dental abnormalities.

When women drink they are at higher risk for:

- Health problems
- Unintentional injuries
- Sexual assault
- Legal consequences for drinking and driving
- Conflicts in relationships
- Decrease in job performance
- Academic consequences
- Having children with Fetal Alcohol Syndrome
- Parenting problems
- Involvement with protective service
- Death
Purpose of This Guide

The Women in Recovery Discussion Guide offers information for a wide range of community populations. It will:

- Provide education
- Help participants learn empathy
- Change social stigma
- Identify how communities can assist in recovery efforts
- Show what recovery from alcoholism entails

There are still misconceptions about alcoholism. Many people have preconceived notions, often incorrect, about alcoholics. People still believe that the alcoholic only has to have the will to stop drinking in order to be successful. There is a lack of knowledge about the disease concept of alcoholism. There is still a lack of empathy for the addicted person. These misconceptions may be partly due to the alcoholic’s destructive behavior while in active addiction.

This guide, used with screening of Lipstick & Liquor and a group discussion following can help clarify the reality and struggles of alcoholism. Alcoholics, their families and friends, as well as the community will begin to more fully understand addiction and the needs of substance abusers.

The alcoholic needs multifaceted treatment to be successful in recovery. The alcoholic in recovery learns how the use of alcohol is impacting her life, how to prevent relapse and how to develop a healthy non-using life style. The alcoholic benefits from having a support system that can include recovery meetings, family, friends, therapists, community organizations and the legal system.

In active addiction alcoholics can show little concern for others, be involved in illegal behavior, neglect their children, be irresponsible at work, lie and be emotionally unstable. The alcoholic in recovery will demonstrate vastly improved behavior compared to when she is in active addiction.

This guide with Lipstick & Liquor will help alcoholics and other substance abusers see other women who share their challenges and learn that recovery is possible.
How to Use This Guide

While data in this guide can be used independently, it will have the most benefit when it used to facilitate discussion before and after a screening *Lipstick & Liquor*. The tools in this guide are designed for a wide range of audiences, from alcoholics and those in active addiction to community and church groups discovering these concepts for the first time.

Although the primary substance use problem presented in *Lipstick & Liquor* is alcohol, Mary, one of the five women presented, struggled with alcoholism and drug addiction. This film can also be helpful in understanding and working through drug addiction.

Plan Ahead

The discussion guide should be tailored to your audience. The entire film can be discussed as a unit or one or more of the women's stories can be viewed and discussed individually. The facilitator can make a selection from among the discussion questions to tailor a program to a specific audience. There are several tools included.

- There is a general section to discuss the entire film for any group or a community.
- There is a discussion section for college students.
- There is a section for professionals who work with women with addictions or who are in recovery.
- The reflective journal is written as a recovery tool for alcoholics and alcoholics in recovery.
- The reflective journal can be used in a group therapy setting and shared, in an individual therapy setting or by the alcoholic individually.

Sample Presentation Schedule

- without a guest speaker
  1. Introduce the film. Include background on the filmmaker and her motivations for the project.
  2. Give participants time to share their reasons for attending and discussing what their expectations might be for the evening. Suggest possible outcomes.
  3. View the entire film. Individual stories in the film can be used for sequential discussions, but a screening of the entire film is recommended first.
  4. Distribute questionnaires. Tailor the questions to your specific audience and goals.
  5. Allow time for participants to formulate answers. Suggest they write down their reactions and answer at least three questions.
  6. Begin discussion by asking for a reaction to one of the stories, giving participants a place to start. Then open the discussion to flow, allow a variety of participants to share their responses.
  7. Following open discussion suggest that participants can brainstorm ideas to improve society’s responses to women alcoholics and generate ways to improve access to services and treatment options. Encourage ideas in your specific community.
  8. Have a closing activity. Ask participants to share what they have learned or how the experience has changed their perceptions. Ask what actions they may personally plan to take.
  9. Have resource materials and contact numbers for participants to take home.

*continued*
Sample Presentation Schedule
- with a guest speaker
1. Introduce the film. Include background on the filmmaker and her motivations for the project.
2. Introduce the guest speaker/facilitator.
3. The speaker share her credentials or experiences related to addiction and develop rapport with the audience.
4. Give participants time to share their reasons for attending and discussing what their expectations might be for the evening. Suggest possible outcomes.
5. View the entire film. Individual stories in the film can be used for sequential discussions, but a screening of the entire film is recommended first.
6. Distribute questionnaires. Tailor the questions to your specific audience and goals.
7. Allow time for participants to formulate answers. Suggest they write down their reactions and answer at least three questions.
8. Allow the speaker to begin discussion, and make a short presentation.
9. Open the discussion to the audience. Allow a variety of participants to share their responses.
10. Following open discussion, with the assistance of the guest speaker brain storm ideas to improve society’s responses to women alcoholics and generate ways to improve access to services and treatment options. Encourage ideas in your specific community.
11. Allow the guest speaker a closing statement/call for action.
12. Close by asking participants the share what they have learned or how the experience has changed their perceptions. Ask what actions they may personally plan to take.
13. Have resource materials and contact numbers for participants to take home.

Discussion Questions
For community groups, the questions begin page 13.

For college student groups, the questions begin page 15.

For professional groups, alcoholics and people in recovery, the questions begin on page 17.

Questions for each of the five stories begin on page 19.
Film Synopsis, *Lipstick & Liquor*

The film *Lipstick & Liquor: Secrets in the Suburbs* showcases five real life stories of women and their struggles with alcoholism. They are middle to upper-middle class women, showing that alcoholism is present in all socioeconomic classes. The women in the film have kept their alcoholism hidden in the initial stages, so their struggles may not be apparent to others. When their drinking grows out of their control it begins to involve their families and friends, neighbors, and eventually the police, the legal system and in some cases the media. The stories reflect the range of outcomes in real life where some women do not succeed in recovery; some relapse and some are have long term success in their recovery. The stories present common themes for substance abusers, including denial, minimizing, consequences, family deterioration, acceptance, treatment and ongoing recovery.

Emily’s Story

Emily is a 25-year-old woman with two sons. She had self-esteem issues stemming from her childhood. After a death in her family she assumed the role of caretaker and began to neglect her own needs. She began drinking and did not learn how to manage her own feelings. She and her husband subsequently divorced. At that point in her life all she wanted to do was drink and could not imagine a day without drinking. Things changed for her when she was caught driving drunk, and convicted of a DUI. She was so intoxicated she did not remember the incident. When Emily lost her license for two years she knew she had to ask for help. After nine months of sobriety she started to feel like she could be successful and began to see her arrest not as a disaster but as an opportunity. Eventually Emily earned the privilege to have a breathalyzer installed in her car which allowed her to once again drive. She began writing a blog chronicling her experiences and journey of sobriety. Writing a blog helped Emily find a community, ending her self isolation. You can read her blog, which has 3,000 - 5,000 visits per month, at www.emilyism.com.

Hayley’s Story

Hayley grew up with an alcoholic father in a religious home. Although she was a beautiful young woman, she had self-esteem issues and felt unattractive. Her mother pushed her into modeling where she was quite successful, but where substance abuse was common.

At 21 Haley married a man with a “full-on” addiction. She drank and smoked marijuana, but thought of it as simply recreational use. She did not think she had a problem. She had 2 children and felt that she had an obligation to have a responsible life. She was divorced from her husband with two small children but she was not using. Her friends, noticing that she was not drinking encouraged her to have a glass of wine. Eventually she started drinking more and drinking to get to sleep. Haley hid her drinking and had fears and did not feel safe. She quickly escalated her alcohol consumption and then started mixing liquor with Xanax and marijuana. She drank to feel normal.
One night a man broke into her house and she jumped out a second story window. She broke the bones in her feet. She was in the hospital and all she could think about was, “I just want a drink.” Her drinking increased after the break-in. She began to admit that she was an alcoholic. Haley went with a friend to a meeting and began a path to sobriety. She had a good first two years sober as a result developed a t-shirt line with phrases and art related to addiction. She learned to take care of herself, and helped her own recovery by helping others.

**Jodie’s Story**

Jodie says she would still like to drink after 23 years sober.

Alcoholism ran in both sides of Jodie’s family. Her parents did not get along and divorced when she was young. As a child Jodie felt different that other children. She was afraid, scared, sad, and depressed.

Her father had gotten sober and took Jodie and her sister to an AA meeting. At the meeting he talked about himself and what he was like before and after being sober. Jodie, in her words, was “mortified.” She told herself she would “never” go to an AA meeting.

When she started drinking she liked who she was on alcohol. She liked how she could say what she wanted when she drank. She drank heavily and used drugs in college despite severe hangovers and brutal consequences. Jodie said, “I wish my college years were a more of a blur, but unfortunately I have some very visceral, vivid shameful moments.”

When Jodie was 24 her sister was killed by her drug dealer ex-boyfriend. Her drinking increased and she went downhill quickly for the next three years. She finally was confronted by a therapist who told her that she was an alcoholic. The therapist told her that in order to heal, Jodie had to get sober. Jodie recalls that at that point the alcohol stopped working and she felt, “I can’t drunk enough to shut all this off.”

She got sober. At 15 years sober, she got a divorce and started having triggers to drink, but maintained her sobriety. Even today she addresses her urges to drink by playing out the drinking scenarios and imagining through the consequences that would follow.

**Julie’s Story**

Julie’s story is the central piece of *Lipstick & Liquor*, woven throughout the film. Julie had been married to her 2nd husband, Jerry, who was himself eight years sober. She had a daughter from her first marriage. Her family was her first priority. Julie had been struggling with alcoholism for three years, and also had a history of binge drinking. Although she had periods of sobriety, she had relapsed many times. She had been caught driving intoxicated three times. Her third DUI was reduced by the court to a second, and her driver’s license was revoked. She tried to control her drinking. Because she was a binge drinker with periods of sobriety, she was not able to understand how beyond her control her drinking had become.

Although she wanted to be “the perfect mother, wife and daughter,” Julie had self-esteem issues and felt shame about her drinking. She had a good friend, Mary, who was an alcoholic in recovery. Julie started doing better having a good relationship with Mary, but she did not stop drinking.

“I lied to myself about my drinking. I lied to myself about my ability to handle whatever it was that I drank over.”

— Jodie
One day Julie picked up her daughter from school while under the influence of alcohol. She was disoriented and lost when her first husband, and father of her daughter, called Julie. He could tell on the telephone she was drunk and called the police. Julie drove into an unfamiliar neighborhood and stopped her car, but left it running. Julie got out and started walking on a cold winter’s day. She did not take her coat or purse, and vanished.

When the police arrived, finding the abandoned car, they only drove up and down the street looking for Julie and assumed she had fled to avoid capture. Her husband, Jerry tried to file a missing person’s report, but could not convince the police that she was not simply avoiding capture. Although her family and friends continued to ask for help from the police, and tried repeatedly to search the area themselves, Julie remained missing for 12 days. On the 12th day local the media released the story and labeled Julie as a “fugitive” and a “criminal.” Thirteen days after Julie went missing the police did a grid search of the area and found her body 300 yards from where she had abandoned her car.

Mary’s Story

Mary was one of Julie’s close friends and helped Julie’s husband search for her. But Mary has her own recovery story.

Mary had been sober for 10 years when she was in a car accident, and prescribed Vicodin for pain. The addict’s voice in her head told her “if one is good, two will be better.” She didn’t tell anyone that she was having those thoughts because after so many years of recovery she was embarrassed to still have them. Rather than seeking help she began abusing prescription drugs. She did not ask for help. When she did not have medication she drank. Her denial started. She told herself that she was not that bad. She kept alcohol in many places including her car. She thought that drinking was going to solve her problems. The spiral led to her forging a prescription. Mary says she was saved when the pharmacist, who she knew, called the police rather than fill the prescription. She immediately accepted her problem, even inviting her neighbors over when the police came to explain that she had relapsed. Her neighbors and her employer were supportive while she regained her sobriety. In her words, she lost only her dignity.

“We fall short of being perfect. We think a drink is going to make us better. A drink is going to solve our problems. And it doesn’t.”

— Mary
Facilitating Discussions

*Lipstick & Liquor* is a tool to spark discussion about addiction in your community. Begin the discussion with a focus on the women in the film and their stories. Following any discussion of the patterns of abuse and related problems, emphasize stories of recovery and positive possibilities. Acknowledge the difficulty and relapse honestly. Create an environment where addiction and substance abuse are freely discussed without judgment.

After the audience has explored the five women in the film begin to connect their situations to your community. Use the example of Julie to ask how your police might have responded to her disappearance. Would your local pharmacists have contacted the police as Mary’s did? Would your community embrace someone in recovery as Haley’s did?

While the discussion is still moving well, connect these challenges and successes to people in the room. Are there people present in successful recovery? Allow the audience time to consider their own circumstances. Explore if they might know someone hiding an addiction.

Before closing, discuss the resources available in your community. Suggest steps participants might take to address their own concerns. Have a resource handout ready at the close of the program. Each audience member should take home a list of five questions for personal follow-up consideration, with a list of phone numbers, schedules, websites and other contacts in your community.

“There were two different people. There was the Julie that was drinking and the Julie that didn’t drink —

Jerry (Julie’s husband)
Questions: *Lipstick & Liquor*

1. What are some behaviors these women shared?

2. How did the women hide or minimize their use of alcohol/drugs?

3. How did self-perceptions play into the women’s alcohol use?

4. What coping mechanisms did each woman use? Did they work?

5. Who were the supportive people in each woman’s life?

6. What were the catalysts that moved each woman onto a path of recovery?

7. What issues do women face specifically that lead to or complicate addiction?

8. Both Julie and Emily were arrested for drunk driving. How did each women react to this consequence?

9. What allowed Julie to continue drinking?

10. What behavior in Julie’s history influenced the way the police responded to her disappearance?
11. How did the women change when they drank or used drugs?

12. How did Hayley’s alcoholism progress?

13. How did Hayley’s recovery positively effect her daughter’s drug use?

14. How did denial play a role in Jodie’s progressing addiction?

15. How did Mary convince herself that she could get away with forging a prescription?

16. What tools are the women using to maintain their recovery?

17. Jodie was told she had to stop drinking before she could get help from a therapist. Why must recovery come before everything else in life?

18. How are women alcoholics viewed in your community?

19. What are the labels and stereotypes of alcoholics?

20. How are problems with alcohol addressed in your community?
Discussion: Students

1. What are some behaviors these women shared?

2. How did they hide or minimize their use of alcohol/drugs?

3. How did self-perceptions play into their alcohol use?

4. What coping mechanisms did each woman use? Did they work?

5. What tools did the women need, but not have, to manage their problems?

6. What issues do women face specifically that lead to or complicate addiction?

7. How was Hayley’s perception of alcohol/drug use affected by growing up in an alcoholic home?

8. How did Hayley’s recovery positively affect her daughter’s drug use?

9. What was important to Jodie in college?

10. How did Jodie’s self-esteem play a part in her drinking?
11. What steps did Jodie take to start her recovery?

12. What were the strategies that Jodie used to maintain her recovery?

13. What role does peer pressure play in alcohol abuse?

14. What are the consequences of college student drinking?

15. Where are the common places college students drink?

16. What are the risks in binge drinking?

17. What can be done to decrease the severity of binge drinking and occurrence of college drinking?

“Alcoholics do live a double life. There is a self you want to show to the world and then there is the real self and the real things they are doing that only you know about.”

— Dr. Anita Gadhia Smith
Questions: Julie’s Story

1. How did Julie’s self-esteem and self-perception affect her choices?

2. Who were the supportive people in Julie’s life?

3. How did Julie start making positive steps in her recovery?

4. What were Julie’s triggers?

5. What was Julie’s drinking pattern?

6. What were the reasons that Julie drank on the day she disappeared?

7. How was Julie’s behavior when she was drinking out of character?

8. How could Julie, who was committed to taking care of her daughter, drive drunk and abandon her daughter in her car?

*Women are 12 times more resistant to come forward and admit they have a problem than men.*

— Dr. Deidra Roach
9. How did legal consequences feed into the denial of her alcoholism?

10. What kept the police from searching for Julie when she was 1st reported missing?

11. How did the police stereotype Julie?

12. How do people’s perception of alcoholics effect their behavior and decisions that they make?

13. How did the media depersonalize Julie?

14. How does the lack of self-care play into increased drinking?

15. How did denial play a part in Julie’s alcoholism?

16. How does the definition of an endangered adult need to change in society in order to protect alcoholics?

17. What are the social stigmas related to women and alcoholism?

18. What are the consequences of untreated alcoholism?

“In the end this disease untreated will kill you.” — Jerry (Julie’s husband)
Questions: Emily’s Story

1. How did Emily’s drinking progress.

2. How did Emily denial of feelings (especially anger) affect her drinking patterns?

3. How did Emily’s self-esteem contribute to her alcoholism?

4. What was the importance of self-care in Emily’s recovery?

5. How does the role of caretaker factor into the choices Emily made?

6. What were Emily’s triggers?

7. What were the positive effects of drinking that Emily perceived?

8. How did Emily’s interactions with other people change?

9. What was Emily’s relationship with alcohol?

10. How was Emily’s life unmanageable?
11. What did it take for Emily to face that she had a drinking problem?

12. What were Emily’s legal consequences?

13. What were the consequences to Emily’s family?

14. What were the coping mechanisms Emily used to remain sober?

15. Discuss how Emily dealt with cravings.

16. What is the importance of avoiding isolation in recovery?

17. What is the importance of being humble and asking for help in recovery?

18. How is it helpful in recovery to be grateful for what you have?

19. How is writing a blog helping Emily with her on going recovery?

“Women will drink and drive because they don’t know how out of control they are.”

— Dr. Anita Gadhia Smith
Questions: Hayley’s Story

1. What are the genetic and behavioral effects of growing up in a family where an alcoholic parent is present?

2. What motivated Hayley to drink?

3. How does Hayley’s self-perception play into her drinking?

4. How did Hayley’s drinking start? How did her denial begin?

5. How did alcoholism progress for Hayley?

6. What were Hayley’s perceptions of the positive effects of drinking?

7. How did Hayley use alcohol to cope?

8. How did Hayley’s fears influence her drinking?

9. What was Hayley’s bottom?

10. What is the difference between shame and guilt and what did Hayley feel?
11. How does drinking alcohol reinforce continued drinking behavior?

12. How do a women’s self-perceptions get in the way of seeking treatment?

13. How did Hayley’s recovery begin?

14. How important are support systems in recovery?

15. How did Hayley’s self-esteem improve when she remained sober?

16. What are Hayley’s positive characteristics?

17. What motivated Hayley’s daughter to get clean?

18. How did Haley structure her life to be successful in her recovery?

19. People get comfortable with their life circumstances. What are the things that interfere with people changing those circumstances even when the changes are positive?

“Women with alcohol dependence lose control of their drinking. It is not something they are deciding to do, so there is no need for shame. There is a need for help and understanding.”

— Dr. Deidra Roach
Questions: Jodie’s Story

1. Drinking was common in Jodie’s family. What role did it play in her life?

2. How did Jodie use alcohol to deal with her feelings?

3. How did denial play a part in Jodie’s life?

4. How did Jodie’s emotional state as a child effect her drinking?

5. How did her self-perception as a child effect her drinking?

6. How did her self-esteem as a child effect her drinking?

7. How did denial role a part in Jodie’s Alcoholism?

8. What were her triggers?

“Getting sober is probably the single most difficult thing in life. It is because of the denial.” — Jodie
9. What was Jodie’s “thinking problem”?

10. What reasons did Jodie give for drinking?

11. How did Jodie’s lack of coping skills aid in her alcoholism progressing?

12. How did Jodie’s lack of being able to manage her emotions aid in her alcoholism progressing?

13. What was the turning point that led Jodie to recovery?

14. What were Jodie’s relapse prevention plans?

15. What were her coping skills?
Questions: Mary’s Story

1. What was Mary’s trigger after 10 years of sobriety?

2. How did Mary progress into active addiction?

3. How did Mary return to drinking alcohol?

4. How did Mary hide her drug and alcohol use?

5. How did Mary’s thinking feed her addiction?

6. How did Mary’s thinking change?

7. How did Mary convince herself that alcohol was going to solve her problems?

8. How did Mary’s denial allow her to fall back into her addiction?

9. How did Mary’s addictive behavior and denial lead to legal problems?

“I put my recovery before anything. Without it I don’t have anything. I don’t have my dignity.”

— Mary
10. How did Mary come to face her drug addiction?

11. How do addicts use alcohol or drug to solve problems?

12. Discuss why recovery must come before everything else in life.

13. How did Mary make her recovery her first priority?

“The idea that alcoholism can be controlled is unrealistic.”
— Dr. Anita Gadhia Smith
Questions: Professionals

1. What are some behaviors these women shared?

2. How did the women hide or minimize their use of alcohol/drugs?

3. What coping mechanisms did each woman use? Did they work?

4. What were the catalysts that moved each woman onto a path of recovery?

5. What behavior in Julie’s history influenced the way the police responded to her disappearance?

6. What tools did the women need, but not have, to manage their problems?

7. How was Hayley’s perception of alcohol/drug use affected by growing up in an alcoholic home?

8. How did denial play a role in Jodie’s progressing addiction?

9. How did Mary convince herself that she could get away with forging a prescription?

10. What is the social stigma related to women alcoholics?
11. Why are women more likely than men to hide their drinking?

12. What are the barriers to women getting treatment for alcoholism?

13. How have social expectations of women changed over time?

14. How do the societal expectations of women affect them?

15. How are women alcoholics viewed in our community?

16. How are problems with alcohol addressed in our community?

17. Share your thoughts on choices or behaviors of women alcoholics when they are actively drinking vs. the choices or behaviors when they are sober and are in recovery?

18. What tools are the women in the film using to maintain their recovery?

19. Jodie was told she had to stop drinking before she could get help from a therapist. Why must recovery come before everything else in life?

20. What role do shame and guilt play for female alcoholics?
“Ask for help. People want to help people who want to help themselves.”
— Mary
References

Centers for Disease Control and Prevention. Alcohol Use and Your Health. Centers for Disease Control and Prevention: Atlanta, GA. 2014

http://progressreport.cancer.gov/prevention/alcohol#field_related_cancers

National Institute on Alcohol Abuse and Alcoholism. Alcohol Facts and Statistics. U.S. Department of Health and Human Services, Bethesda, MD

http://resources.prev.org/documents/FactsMythsCollegeDrinking.pdf


Reflective Journal

Write your reactions after viewing Lipstick & Liquor.

Which story or stories did you identify most with?

☐ Julie’s Story  ☐ Emily’s Story  ☐ Hayley’s Story  ☐ Jodie’s Story  ☐ Mary’s Story

What about their stories sounded familiar?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What did you learn about yourself in watching this film?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How does/did alcoholism effect your family?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How does/did alcoholism effect your mental health?

________________________________________________________________________
________________________________________________________________________
How does/did alcoholism effect your physical health?

____________________________________________________________________________________

____________________________________________________________________________________

How does/did alcoholism effect your parenting skills?

____________________________________________________________________________________

____________________________________________________________________________________

How does/did alcoholism effect your work?

____________________________________________________________________________________

____________________________________________________________________________________

How does/did alcoholism effect your self-esteem?

____________________________________________________________________________________

____________________________________________________________________________________

How does/did alcoholism effect your emotions?

____________________________________________________________________________________

____________________________________________________________________________________
What was your turning point that led you into recovery? or What is it going to take to start your recovery?

What life experiences contributed to your alcohol use?

How did/do you use alcohol to deal with problems?

How did your behavior change when you drank?

How did your self-perception or self-esteem contribute to your alcohol use?
How do you deal with your emotions?

__________________________________________________________________________________
__________________________________________________________________________________

Are you experiencing any shame (feeling you are a bad person) related to your drinking?

__________________________________________________________________________________
__________________________________________________________________________________

Are you experiencing any guilt (feeling you did a bad thing) related to your drinking?

__________________________________________________________________________________
__________________________________________________________________________________

How does/did denial play a part in your alcohol problem?

__________________________________________________________________________________
__________________________________________________________________________________

What are/were your triggers to drink or use?

__________________________________________________________________________________
__________________________________________________________________________________
What can you do when you have cravings?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

When I have cravings I will call:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Who are the supportive people in your life?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How do those supportive people help in your recovery?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Give examples of the words you would say to a person to ask for help.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Who are the people you can ask for help from?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

What relapse prevention plans do you have in place?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

What situations do you need to develop relapse prevention plans for?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

Who can help you develop relapse prevention plans?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________
What resources are there in your community to aid in your recovery?

—support groups

—outpatient substance abuse therapy

—detox

—inpatient substance abuse treatment
How do you take care of yourself:

—Physically?

—Emotionally?

—Spiritually?

—in relationships?
Name 10 things you are grateful for.

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10. 
What is one thing you can do for yourself today to improve your recovery?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are the changes you need to make to be more successful in your recovery?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How do people in your community view and treat alcoholics?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What needs to change in your community to improve the understanding of alcoholism as a disease?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________