

What Should You Do To Avoid Alcoholism?

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If you've seen the negative effects of alcoholism from someone you love, or if you've learned about the dangers of drinking alcohol from parents, work, or school, you know that consuming too much alcohol at any time is a bad idea.

If you want to make sure that you can avoid alcoholism altogether, there are many things you can do to make sure that your life is both healthy and happy.

One of the first things you should do is to make sure that you are in an environment where alcohol is not a temptation on a regular basis.

So keep alcohol out of your house and try not to go to any restaurants that are known for serving alcohol in a bar setting.

Many people keep wine or liquor bottles in their homes as decoration, or even as a sign of social affluence, but if you know that you will be tempted to drink -- especially if the alcohol is very accessible -- make sure that your surroundings are alcohol-free.

It is also important to check your family history if you are trying to avoid alcoholism.

While alcoholism is not exactly hereditary, there are certain traits that you may have inherited from parents, grandparents, or even aunts and uncles that can lead to alcoholism.

If you know that some people in your family have had bouts with alcoholism, the chance of your dependency may be greater.

Or if you've seen people in your home drinking on a regular basis, this may seem like normal behavior to you, which means you are more likely to make drinking a habit yourself.

While family traits do have something to do with how alcohol will affect you, remember that everybody is different - while some people in your family do not seem sick, depressed, or overly angry when consuming

alcohol, this doesn't mean you will react the same way.

Next, you should figure out: what makes you want to drink?

Do you feel glamorous or socially superior when you're drinking? Do you think that alcohol makes you more outgoing than usual?

Do you drink to overcome bouts of depression or stress? Or do you just like the look of having a drink in your hand?

Whatever the case, you should find out what void you are attempting to fill with alcohol.

This way, you can use positive activities in place of alcohol to enrich your life. If you're an entertainer, you can make non-alcoholic drinks at home with the same types of colors and decorations if you like the look of some alcoholic drinks.

Also, planning more social gatherings to spend time with friends and meet new people will help you feel more confident about your social life without using alcohol.

Finally, the way to make sure that you stay away from alcohol and avoid drinking too much is to surround yourself with people who feel the same way.

Support from friends and loved ones is essential as you make the effort to avoid alcoholism. You may also give someone else the courage to stay away from alcohol as well.

<http://www.stopdrinkingadvice.org/guide/>

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