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When Drinking Become Alcoholism

admin · Thursday, June 7th, 2007



When people drink too much, with time they risk becoming addicted to alcohol. This is called alcoholism, or alcohol dependence. It's a disease, and it can happen at any age. Common signs include:

- **Craving** . . . a strong need or urge to drink
- **Loss of control** . . . not being able to stop or cut down drinking
- **Not feeling well after heavy drinking** . . . upset stomach, sweating, shakiness, or nervousness
- **A need to drink more** . . . to get the same effect as before
- **Neglecting activities** . . . giving up or cutting back on other activities
- **Continuing to drink** . . . even though alcohol is causing problems

It may be hard to imagine why people with alcoholism can't just use a little willpower to stop drinking. But the addiction creates an uncontrollable need for alcohol. It can be as strong as the need for food and water. People may want to stop because they know that drinking harms their health and their loved ones. But quitting is extremely difficult.

Although some people are able to recover from alcoholism without help, many need assistance. With treatment and support, many stop drinking and rebuild their lives.

Reduce the Amount You Drink

admin · Tuesday, June 5th, 2007



How do I reduce how much I drink?

A person who drinks too much may feel it is impossible for them to reduce their alcohol consumption.

If a drinking habit is very heavy, it is often hard work to reduce it - simply because it is always difficult to change habits. You may not even be sure whether you want to cut down.

Fortunately, there are many different ways to reduce alcohol consumption and most people are able to find a way that suits them.

A step-by-step guide to reducing alcohol consumption

Keep a record of all alcohol consumption. Work on ways to make it easier to reduce the alcohol intake.

Talking to a partner or friend could flag up some self-help ideas.

- I can stop drinking alcohol on weekdays.
- I can stop drinking alcohol during the day at work.
- I can substitute every second drink with water, non-alcoholic beer, coffee or a soft drink.
- I can take a different route home, so I won't be tempted to visit a pub.
- I can visit my family instead of my drinking friends.

What if I can't reduce my drinking by myself?

It may be difficult for a person to reduce their alcohol consumption without outside assistance. There are several places where it is possible to get help and counselling.

A GP will be able to help by:

- giving advice and drug prescription
- referring a heavy drinker to a counsellor or an organisation that can provide help, such as Alcoholics Anonymous.

Dedicated alcohol detoxification facilities are rare in the NHS, but there are several private units. These are expensive and it is unusual for the NHS to fund placement, but it does occur.

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Reasons to Stop Drinking

admin · Friday, June 1st, 2007



The first step anyone must take to stop drinking is to identify your reasons. Put together a list of all the reasons you have for why you should stop drinking. To make the list complete you may also want to consider asking family members or a close friend for help. From time to time you should use this list to renew your commitment to stop drinking.

Once you have a list of reasons it is important to put your plan into action by setting a date for when you want to stop drinking. To stop drinking alcohol you should complete a plan. Post this date on your refrigerator or bathroom mirror, anywhere you can see it often. If it will help you can also consider placing it in more than one place. A good idea is to put it in your purse or wallet on a card.

A plan isn't successful without help, so you should share your plan with others. Tell your family members and close friends. Let them know how they can help you turn your plan into a success. Mark

specific dates in your plan and set them aside as days to evaluate your progress.

To make this new behavior a habit you should plan it for every thirty days. On these days you should look over your list of reasons to stop drinking. Add to this list the various benefits you are beginning to notice as you stop drinking.

It doesn't mean you've failed if you have a relapse after you stop drinking. Many people will experience a relapse. Rather than get discouraged, use your experience to learn and start your plan again with a determination to stick to it. Continue to use your new behaviors.

After successfully following them for a period of thirty days do it again for another thirty days. Even with your best interest in mind you can have a hard time changing behaviors. However, new behaviors will become habits the more you use and practice them. If you are still unsuccessful after this plan then you should ask your doctor for help in other ways to stop drinking.

Other ideas to can try that may help you stop drinking include avoiding anything that can stumble your plan. There are many things in your life that can cause you to stop attempting to meet your goal. This might mean you have to make changes in your life that are related to your alcohol use including finding new friends or a new lifestyle.

Always stay focused on your goal and you will eventually succeed.

Another good idea is to find a self help group. These will usually help you to stick to your goal. To find out if a group is for you, you should attend at least three meetings before making your final decision. If the group doesn't meet your needs then don't give up, rather try another meeting. There are many different types of groups from men and women groups to discussion groups. Take your time and eventually you will find a self help group that is right for your needs.