

## 5 Steps To Responsible Drinking Habits

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If you personally make the choice that you are going to drink alcohol, whether on a regular basis or occasionally, you need to be sure that you always drink responsibly. There are a variety of different habits that you need to get into if you are going to drink in a responsible manner. Remember that you will be held responsible for your actions, whether you were drinking or not, so it is important that you only drink in a responsible manner. The following are a few tips that can help you with responsible drinking habits.

### 1. Only Drink When YOU Want To

It may be easy for you to be pressured into drinking alcohol by friends, but you should only drink whenever you feel like you want to. If you are not comfortable drinking in a certain environment, or you are just not in the mood to drink, stick to how you feel and do not let others dictate when and where you drink.

### 2. Know When To Stop

If you decide to drink alcohol, you need to be responsible enough to know when you need to stop drinking. If you want to test your limits, make sure you do it at home with someone you trust so you can get an idea of when you should stop before you become out of control and unaware. Many people find that drinking any more than one drink in an hour can cause problems.

### 3. Drink Slowly

If you are going to drink responsibly you need to be sure that you drink slowly. People get drunk quickly when they gulp down drinks and do not realize how much they are consuming. Take the time to enjoy what you are drinking and focus on the wonderful flavors instead of drinking a large quantity quickly.

### 4. Double Fist Your Drinks

If you are drinking an alcoholic beverage it is a great idea to have a glass of water there as well and drink the two together. Drinking the water in between sips of your alcohol can help to keep the concentration of the alcohol down in your blood stream. You are also less likely to have a hangover the next day if you keep hydrated as well.

### **5. Designate a Driver**

If you are going out and plan on drinking, always make sure that someone is designated to drive and that they have no alcohol whatsoever. If there is no designated driver, you should be the responsible one and abstain from drinking. Remember that driving under the influence, no matter how little, can kill.

Having responsible drinking habits is very important if you are planning to consume alcohol. Being responsible while drinking can keep you healthy, keep you out of embarrassing situations, and most important of all - it can save your life.

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