

Alcohol Anonymous: Free For People Wanting to Quit Drinking

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Alcohol Anonymous, more commonly known as AA is the world's largest self help group for people who want to kick their alcohol addiction. Alcohol Anonymous is a group of men and women who have suffered from or are themselves suffering from alcoholism, and who turn towards each other in order to help themselves get rid of their addictions. If you think that you are an alcoholic or are 'addicted to alcohol?', then you can seek help from your local AA chapter.

People at Alcohol Anonymous will not tell you whether you are an alcoholic or not. So it is up to you to judge if you are one, in case there are any doubts. If you feel the urges or cravings to lay hands on your favorite poison, always end up drinking more than what you wanted to, or are physically dependent on alcohol to get you through the day or the night, then you are what can be termed an alcohol dependent or alcoholic person. There are a lot of people who think that they are not alcoholics just because they have the ability to consume large amounts of alcohol without losing control of their senses, but in the true sense of the word, these people are also alcohol dependent.

First Step

Once you are sure that you are an alcoholic, then the first step to take in order to kick the habit is to abstain from drinking as much as possible. While it is easy to tell somebody to cut down on consumption of alcohol, it is impossible for the alcoholic to follow this advice because of the condition that he or she is suffering from. Therefore, it is important for alcohol dependent people to seek support at these times from people who have managed to or are in the process of kicking the habit and this is the core group forming Alcohol Anonymous.

Alcohol Anonymous is the best kind of support group that anybody can ever think of joining, because it is one of those rare organizations in the world that is apolitical non-denominational and multiracial. The group has absolutely no social, political or religious leanings and the only leaning the group has is towards reaching a collective goal of non-alcoholism.

Self-supporting

Alcohol Anonymous is a self supporting, non- professional organization that is founded, run and managed by past or even current alcoholics, and everybody is free to join in. There are no requirements to be met to become a member, apart from the inclination to kick alcoholism.

Alcohol Anonymous or Alcoholics Anonymous has the distinction of being the world's largest self help organization. Branches and AA groups can be found in almost every city in the world. The group's members meet almost every week, where they discuss the problems that they are facing as a result of being alcohol dependent, how they want to kick the habit, how they have managed to get out of the quick sands of alcoholism and what are the positive and negative changes in their lives as a result of alcoholism and as a result of getting rid of it.

Free For All

Alcohol Anonymous membership is free for all. The organization does not solicit members but all are free to come and go as they please. There are no attendance or membership records. However, the organization does have a buddy system, where one person is codependent on the other and vice versa, and each one tries to prevent their partner from getting a relapse.

Thus it is extremely easy to join Alcohol Anonymous and the group therapy that takes place at Alcohol Anonymous meetings is advised by experts for all those who want to get rid of their dependence on alcohol. You can also check out the organization's local branch by attending a couple of meetings.

[Stop Drinking Alcohol In 21 Days - Guaranteed. Click Here For Details.](#)

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