

## Alcohol Sobriety

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For members of Alcoholics Anonymous, absolute alcohol sobriety is a must. But, for many of us absolute alcohol sobriety is a choice we make for all sorts of reasons.

Health issues tend to be the prime motivation for maintaining absolute alcohol sobriety. Alcohol does not mix well with pregnancy, diabetes, high blood pressure to name but a few. There are also the psychological problems that are worsened by alcohol consumption and for which absolute alcohol sobriety is desirable.

Achieving absolute alcohol sobriety can be challenging as drinking can become a habit if not an addiction. The occasional drinker may well be able to get to the point where they can achieve absolute alcohol sobriety without any help from outside sources. Others may need more help.

Alcoholism is an issue made worse by the fact that societies' acceptance of the use of alcohol actually hides the problem. It can be incredibly difficult for anyone with an alcohol problem to achieve absolute alcohol sobriety.

For someone with an alcohol problem they need the help and support of family and friends to get to a point where they can say they have reached absolute alcohol sobriety. For those supporting someone on the road to becoming dry, there is a need for information on the best way to help and support the alcoholic on their journey.

On-line courses offer reliable, available help to anyone wanting to achieve absolute alcohol sobriety. It is a discrete way of getting the help and support and alcoholic needs and it is available when required.

There are basic steps you can take to help you achieve absolute alcohol sobriety. The most important one is to seek help and to get

support. Next stay away from situations where you will be challenged by the availability of alcohol. Keep busy but avoid stressful situations.

You don't have to go it alone to give up alcohol - there are resources available to help you.

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

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