

## An Alcoholics View About Alcoholics

### Anonymous

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☒ Many of my Alcoholic friends have differing views on how they felt when they first walked into an AA meeting, which probably the bravest thing an alcoholic can actually do.

An alcoholic tends to feel above the rest of us and then even applies when they walk into an AA meeting, but that view will soon change as the whole essence of the meeting is extremely humbling, and a feeling of union soon takes over an alcoholics mind as the listen to the brave souls in the room. The rooms are full of the nicest, most thoughtful people you'll ever meet who are trying or have already succeeded in bettering their lives to a point where they are satisfied and happy.

It doesn't matter which group an average person joins when it comes to feeling accepted and part of a group of people, but after a couple of weeks a real bonding takes place as confidence rises and you can clearly see that you are spending your time wisely with the exact people that will listen to you all day long if necessary.

Alcoholics Anonymous is a worldwide organization dealing with every race and creed, but every alcoholic regardless suffers in the same way, and AA knows how to deal with alcoholism at ground level due to it's long history in dealing with the treatment of alcoholism.

Doctors may recommend more exercise or even a pharmaceutical product to help you deal with alcoholism on your own, but that is just so difficult and my suggestion is that if an alcoholic has actually made a decision to stop, then don't mess up first time round as it would be even more complicated if attempted again at a later date.

I have just heard on the news that 40,000 people die every year in the UK, due to alcohol related diseases. That really does show how difficult it is for us to face an addiction even though we know that it is life threatening. Help is available for anybody that wants to stop drinking alcohol and going to an AA meeting is as good as it gets, as it tackles every social problem that alcohol can lead to. The unity between alcoholics is truly admirable and helps to really transforms an alcoholics personality, to a point that people won't recognize them as being the same person.

If you know somebody that needs help, please make sure they do get

the support and help they need to successfully stop drinking alcohol and prevent them from just becoming another dreadful alcohol related statistic.

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