

Dry Drunk Syndrome

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"Dry Drunk" is defined as "A condition of returning to one's old alcoholic thinking and behavior without actually having taken a drink."

A personal favorite saying is: you can take the rum out of the fruit cake, but you've still got a fruit cake! Or as one wise old drunk put it, if a horse thief goes into A.A. what you can end up with is a sober horse thief.

Those who stop drinking but are still angry about it end up living unhappy lives and tend to make everyone around them miserable as well. If it has been said once in an Al-Anon meeting, it has been whispered thousands of times, "I almost wish he would go back to drinking."

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