

## Have I Got a Drinking Problem? - A Frequently Asked Question

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☒ Basically if this question is on your mind it is more than likely that you do have a drinking problem. If other people in your life are telling you that you have a drink problem, well they're probably right. If you have experienced a negative reaction to your alcohol consumption habits and have then continued in the same matter, then listen - you do have a drinking problem.

The positive side to having in a drinking problem is that the majority of people can just stop drinking alcohol with self determination. So many people that drink regularly will reach a point that they get into trouble while drunk, and the next day they decide to just wipe the slate clean and to continue on with their lives without consuming alcohol.

The problem comes that there a few people that can't get past the second day without having another drink. The drinking problem is now a real one that would fall into the category of Alcohol abuse or Alcohol dependency. The problem comes if people consider this to be normal behavior, for whatever the reason and now we have reached the point of becoming an alcoholic.

Having a drinking problem affects both you and your family, but the good news is that there is help at hand. First you should see your Doctor who will advice you which specialized health care centers can help you to stop drinking. Rehab centers and Alcoholic Anonymous are also excellent medical institutions that have helped so many people to cut alcohol out of their lives.

You will also find many forums and blogs on the internet that help to giving you the necessary will power to carry on with an alcohol free life, It is so important to relate to people that suffer from the same illness as you as a lifeline to carry out a normal life without alcohol messing things up again.

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