

Inspiring Tips to stay off Alcohol

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☒ Whether you are an alcoholic or just a heavy drinker, the time has come to stop drinking alcohol. It is a very big step to take and one that will change the rest of your life, but it is the right decision, so we are going to look at the best ways to keep on track and keep off the booze.

Money is often the cause of a drinking problem, which is just why alcoholism is on the rise at the moment so let's deal with the issue of money first. You may be used to a high standard of living and you may be faced with giving up something that you believe impossible to live without, and this is why you need reevaluate just what is important in life. Family unity, human contact, your daily bread etc and everything that is around us, but we just can't see it past the bottle. Downsizing your lifestyle is where it will all begin, but with just a bit of patience and self determination, life will seem as though you have literally been reborn.

The first morning after having your last drink is the first step to deal with. Now you might feel as sick as a pig (excuse the expression), but that is quite a normal symptom so just stay in bed until you feel the need to get up and see the world through different eyes. Once you have managed to do it once you will always want to be up and about, going for walks and generally feeling good about yourself. I would even go as far as recommending getting a dog, that provides extra responsibility and plenty of exercise, and you will meet a lot more people.

Am I beginning to make sense? This won't be a bed of roses, but every day will be a step closer towards an alcohol free life, old problems back in the past and a new healthy and better life ahead. Expect less from life and avoid falling into the high life trap that only leads back to alcohol and other addictions.

Read more, take a look on the Internet, expand your horizons and become a completely new person that you love. You will never want to go back to the dark again and every sunrise you see will feel like a blessing. I will do everything in my power to help people to stop drinking as I know it can be achieved in no time at all.

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