

One Step at a time

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When deciding to stop drinking, do it step by step. Here are some helpful hints to start you on your way.

One of the first steps is to understand what habits lead to your drinking. Replace these habits with something more positive and healthier to avoid the path to drinking. Once you create better habits, your body will soon feel refreshed and more relaxed leading to the urge to drink diminishing over time.

You must educate yourself on what to expect and get support if you need to. Quitting drinking is not easy but it is possible if you think you can do it.

Admitting that you have a problem and that you may need help to overcome this problem is often the biggest obstacle facing alcoholics. Most alcoholics deny that there even is a problem. They often fool themselves into thinking they can control their drinking or that they can stop at any time.

You need to fight temptation as best you can. Incorporate a healthy diet into your lifestyle as malnutrition is a major source of dependency. Avoid situations where you might be tempted to drink. Non alcoholic drinks are a great alternative to their alcoholic counterparts when drinking is socially acceptable. Try keeping candies or chocolates available. Sugar withdrawal is common in alcoholics. The sugar will increase your endorphins and help reduce your cravings.

Opt for low alcohol beers to cut back on your alcohol intake or at least skip over the ?strong? beers or lagers. Pace your rate of drinking and even try alternating soft drinks with those with alcohol.

As you develop your plan toward quitting drinking, understand that you do not have to quit right this second. Going ?cold turkey? oftentimes leads to episodes of binge drinking and then feelings of failure that can lead to relapse. Work towards your goal in a series of small steps to ensure your success. Alcohol is a fierce opponent that

does not want to lose so give yourself the best chance possible by taking it one day at a time.

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