

Stop Drinking Alcohol - Join The Alcoholics Online Support Group

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☒ Most alcoholics have a problem when it hits them that they need to give up alcohol permanently, but almost 90% believe that by just having the occasional drink they can carry on with life and put alcoholism behind them.

Sounds great, but it just isn't an option for the disease of alcoholism, which in some way is just like having an allergy to alcohol but one that affects you mentally as well as your health. So not one drop is the golden rule as the alternative option is just a road to disaster.

Many alcoholics though do see this option as a way out, but soon find out that they haven't got the strength to carry on and revert back to previous drinking habits. A few alcoholics do though actually manage, but the question we have to ask ourselves is whether they really were alcoholics, or just alcohol abusers or addicts.

The overwhelming view in the rehab world is that it is impossible for an alcoholic to control their drinking habits for more than 24 hours and that the condition of alcoholism would get even worse as they realize that they really don't have a way out and they need to forget that, resulting in consuming even more alcohol.

I could tell you so many stories about alcoholics that have been down that road and defeat is something that alcoholics really find difficult to handle. Too many good people have fallen trap to hiding their drinking habits from everyone around them and they soon become very distant as they travel further to find alcohol.

Pregnant mothers who are alcoholics often manage to kick the habit for 9 months, but the bad habit always returns, but this time it will destroy another life. It is difficult to see how a woman could care for something so much when inside her, but once the joy arrives and can really be loved, alcoholic women know that they only love one thing and that is alcohol.

These stories can be heard almost everywhere, as alcoholism is all around us although we may not be aware of it. The society at large though makes so much from alcohol revenues so that won't want to see a situation to change for a long time, so alcoholics need to get independent health advice from other alcoholics and reform groups

who only have one mission left in life, which is to give support to other alcoholics.

You can get stop drinking advice on the Internet, with expert advice from other people who either are alcoholics or live with them, so you can get the advice you need. Giving up alcohol is just a matter of taking the right decision and not feeling alone with the nightmare ahead, so make sure you find the very best in alcoholic health care.

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