

## Stop Drinking! New Ways To Give Up Drinking Alcohol

admin · Wednesday, May 23rd, 2012

Alcohol drinking is harmful to your mental and physical health. It may ruin your life, family and employment prospects, and social relationships. There are many ways to stop drinking alcohol, as you will now see...



### First Step

The first step in making an effort to stop drinking may consist of determining the reasons why you desire to stop drinking. While many reasons could be general -applicable to all drinkers- there might be others that may just be specific to you. Create a list of reasons to stop drinking alcohol.

You can also look for a friend's help to complete the list. Keep this list in a safe and extremely visible place because you may have to refer to it from time to time to renew your commitment. It would be better to display the list in several locations, say, next to your shaving mirror in the bath room, pasted on your fridge door and also in your wallet or handbag to increase its visibility

### Gradual Reduction Of Drinking

If you're a chronic and hardened drinker, it may not be possible for you to put a full stop to drinking on day one. The very best course might be to decrease your intake and then keep decreasing it progressively. Draw up a plan for reducing intake on a regular basis and fix a date for a final complete stop.

### Frequent Evaluation Of Progress

Keep assessing your progress regularly, say, for at least 30 days til your new behavior becomes a habit. Keep track of the benefits you're experiencing. There might be lapses too, but treat them like stepping stones through your progress. Share your plan and experiences with other people and seek any helpful suggestions.

### Talk To Your Doctor

If your self-help plan fails to deliver, there's no reason to be demoralized about your abilities and self-confidence. Alcoholism is a disease, and may have caused a few chemical alterations in your

body system. It might have affected your vital organs such as liver, heart, kidney, pancreas, digestive tract and so on. Usually, therefore, it needs expert medical assistance for treatment. There are particular medications which might help you defeat your alcohol dependency, but bear in mind that it is best to withdraw from this dubious habit under medical guidance.

### **Get Rid Of Obstacles**

Obstacles may occur to interfere with your effort to attain your goals. You might have to select new friends and avoid those who might have caused you to drink on the first place. You might have to change your present lifestyle that hinges on alcohol use, by substituting alcohol for something new, wholesome and delicious like fruit juices.

### **Join Support Groups**

There are many de-addiction support groups like Alcoholics Anonymous and AVERT. AA or Alcoholics Anonymous has worldwide presence. Its membership constitutes of previous alcohol addicts who've successfully given up their addiction. They provide practical tips and suggestions based on their own experience and expertise. They can help you with empathy and understanding, and even keep your identity anonymous.

### **Learn To Say A Firm NO**

The old friends and colleagues at drinking clubs or cafes may insist on your company with renewed persuasion and tempting reasons. Turn down their invitations with courteous yet firm Nos. You should learn to stay active by taking up new hobbies and other recreational pursuits and also spend that alcohol consumption time with your partner, kids and buddies.

**[Click Here For A Practical Approach To Understanding And Dealing With Alcoholism](#)**

**[www.StopDrinkingAdvice.org/Free-Guide](http://www.StopDrinkingAdvice.org/Free-Guide)**

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