

The Choices for Alcoholics

admin · Friday, February 13th, 2009

☒ What most goes through most alcoholics mind during a period of reflection is whether they will really have to stop drinking alcohol forever. The idea of drinking in moderation or just socially seem to be distinct possibilities but just the thought of being able to have at least one more drink will make giving up even more appealing.

The fact of the matter is that there are alcoholics that may have been in rehab and later been able to even do that, but we can't really be 100% certain that those people were actually alcoholics in the beginning, as they may just have abused alcohol or were just binge drinkers.

If you were to ask your average alcoholic if they thought that having the occasional drink would be an option to consider, they would definitely say no.

It takes a lot for an alcoholic to even try to have the odd drink and I have heard several stories from people who have and then regretted it later. One guy in his forties who had been dry since his teens decided to start again thinking he was ready, but only ended up getting back his previous bad habits and has not since been able to get dry.

I also heard of a female alcoholic that managed to stop drinking alcohol due to her pregnancy. She was so happy with herself and she had a beautiful baby girl. Her husband brought out a bottle of champagne on her home coming to celebrate the special occasion, but from that moment on their happiness disappeared as quickly as it arrived.

Well, there are so many more sad tales of all sorts of people but all with the same beginning and the same end. It is a difficult step to take when somebody decides to stop drinking alcohol and as we have seen, there are no two ways about it, so expert help and advice should be taken at all cost.

The stop drinking advice blog is a great place to start where you will be able to get good advice from qualified experts that deal with people who have already helped other people to stop drinking alcohol as well as doing it themselves.

This entry was posted on Friday, February 13th, 2009 at 12:31 pm and is filed under [Alcohol and Your Health](#), [Alcoholism Articles](#), [Information And Help](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.

