

# Ways to Stop Drinking Alcohol

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Alcohol drinking is injurious to your physical and mental health. It may ruin your life, family and social relationships, and employment prospects. There are numerous ways to stop drinking alcohol.

## First Step

The first step in making an effort to stop drinking may consist of identifying the reasons why you want to stop drinking. While some reasons  can be general -applicable to all the drinkers- there may be others that may be specific to you. Make a list of reasons to stop drinking. You may also seek your friend's help to complete the list. Keep this list at a secure and most visible place as you may have to refer to it from time to time to renew your commitment. It would be better to keep the list at more than one location, say, next to your shaving mirror in the bathroom, pasted on your fridge door and also in your purse to increase its visibility

## Gradual Reduction of Drinking

If you are chronic and hardened drinker, it may not be possible for you to put a full stop to drinking on the day one. The best course would be to cut down the quantity and keep reducing it progressively. Draw a plan of reducing its intake on periodic basis and fix a date for a final full stop.

## Regular Evaluation of Progress

Keep evaluating your progress on regular basis, say, for at least thirty days to make your new behavior a habit. Keep a record of the benefits you are experiencing. There may be lapses as well. Make them as stepping stones to your progress. Share your plan and experiences with others to seek their helpful suggestions.

## Consult your Doctor

If your self-help plan fails to deliver, there is no reason to be demoralized about your abilities and self confidence. Alcoholism is a disease. It may have made deeper roots and brought about some chemical changes in your biological system. It may have affected your vital organs such as liver, pancreas, heart, kidney, digestive system and so on. Quite often, therefore, it needs expert medical assistance for its treatment. There are certain medications that may help you overcome your alcoholism. Remember, it is safer to withdraw from this nefarious habit under the medical supervision.

## Eliminate Stumbling Blocks

Impediments may occur to interfere with your effort to achieve your goals. You may have to choose new friends and avoid those who may have induced to drinking alcohol. You may have to change your current life style that hinges on alcohol use. Substitute alcohol by taking new, healthy and delicious drinks such as juices.

## Join Support Groups

There are numerous de-addiction support groups such as AA and AVERT. AA or Alcoholics Anonymous has international presence. Its membership constitutes of old alcohol addicts who have successfully given up their addiction. They offer practical tips and suggestions based upon their own experience and expertise. They can help you with empathy and understanding. They even keep your identity anonymous. You may log on to internet to find more such self help groups who are only too willing and happy to extend their cooperation. They will help you to stop drinking alcohol by customizing plans to suit your needs.

## Learn to Say a Firm NO

The old friends and associates at drinking clubs or pubs may insist on your company with renewed persuasion and reasons. Persist in your refusal of their invitations with polite yet firm Nos. You should learn to stay active by creating hobbies and other recreational pursuits to spend the alcohol drinking hour with your spouse, kids and friends. Visiting a music concert, reading an interesting book or playing your favorite game on your computer can divert your

attention from drinking alcohol. Reward yourself by finding ways to stop drinking alcohol.

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