

Why Do People Drink?

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People drink for a variety of different reasons at the onset. The majority do so simply to be social. For many of us this happens in high school or college. Its continued when we surround ourselves with fellow drinkers as we become adults. But the reasons we continue to drink go much deeper for each of us.

Depression and stress can be a large factor in our drinking habits. We drink to forget, to relieve mental anguish, to feel that temporary happiness found in the bottom of a bottle.

For some of us, it simply becomes a habit. Just like some people enjoy a Coke or Pepsi after dinner, others enjoy an alcoholic beverage. Habits, in moderation, aren't necessarily bad but when they become consistent and more frequent, there may be an issue.

The real problem develops when you can no longer feel good when you are not drinking. If you have to drink in order to have a good time, it may be time to take a closer look to see if your habit has become an addiction.

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