

You Can Stop Drinking

admin · Friday, September 7th, 2007



It happens every day to a lot of people. Well, then, why can't people stop drinking? The first reason is fear. They are afraid of what they are going to do without alcohol in their lives. Much like a smoker quitting cigarettes doesn't know what they're going to do without a cigarette in their hand. But, although a smoker is endangering their lives, a drinker alters the way their brain thinks, and does things, and acts in ways that are inappropriate and unacceptable. A cigarette doesn't do that to you. You don't leave your purse in a bar because you had a cigarette. Or a pack of cigarettes. A drinker can easily drive home on the wrong side of the road, sideswipe the garage door, and yell and scream for scrambled eggs and cheese! And then have to get up and go to work in the morning. So why not stop? Number one, it's usually an addiction, so it's not as easy as it sounds. Number two, without the proper guidance, it's very hard to do alone. Number three, who wants to not only have to quit doing something they love to do, but do it in front of strangers, as in a twelve step program?

Stopping long-term, regular, heavy drinking requires a major life change, and the difficulty of doing this should never be underestimated. The first step in the healing process for these patients is to admit that they are alcoholic and that they have a drinking problem. The second step is to truly want to stop drinking. The third step is to accept the fact that they must never drink again. For most people, the next step is to admit that they need help to stop drinking and maintain abstinence. It is important to note that there is no such thing as a "cured" alcoholic. Alcoholism is a chronic disease that can go into remission, sometimes indefinitely, but relapse can be provoked by many life situations, both good and bad.

Will these problems go away? No. These problems will last for a child's whole life. People with severe problems may not be able to take care of themselves as adults. They may never be able to work. What if I am pregnant and have been drinking? If you drank alcohol

before you knew you were pregnant, stop drinking now. You will feel better and your baby will have a good chance to be born healthy. If you want to get pregnant, do not drink alcohol. You may not know you are pregnant right away. Alcohol can hurt a baby even when you are only 1 or 2 months pregnant.

Set a positive tone. When your teen is ready to drive, let him know that you think he will be a great driver. At the same time, grant privileges slowly so you can add more as your son or daughter demonstrates they are ready for them instead of having to take privileges away when your trust is violated. Teenagers love to test their parents and in fact it is their job to do so. It is the parents' job to set clear rules and to hold teenagers responsible when they are violated. Consider rewarding your teen if he or she is accident-free for a certain period of time and remove restrictions when you find they are no longer necessary. Sign a Contract. The best way to lay out the rules you expect your new driver to follow is to put them in a contract you both will sign. The contract should cover such things as the number of friends who can be in the car with the new driver (most likely one), what time the driver must be home on school nights and weekends, responsibilities for gas, insurance and car maintenance and the mandatory use of seat belts for all passengers.

Alcohol when taken in moderation is a nice way to relax or enjoy a social engagement, where when alcohol becomes a problem it can affect everyone who is close to the alcoholic. Some things that can tell a person they may be having a problem with alcohol are: - worry over not having alcohol or money to buy it - hiding alcohol so others do not know you have it - often wishing to be drunk or get drunk faster - unable to stop drinking once started - hearing others comment on your drinking Alcoholism should always be taken seriously. If you or someone you know has a drinking problem professional help is available in every community. Recognizing the problem is the first step to finding a solution.

At the very least stop drinking 4 - 6 hours before going to bed. This grace period will allow your body a chance to for the effects of the alcohol to wear off and reduce the effects that it may have on your sleeping, helping you to sleep without snoring. Sedatives such as sleeping pills behave much in the same way as alcohol, and amplify the affect if you take them while drinking, causing your body to relax its muscles and inducing many of the same symptoms as alcohol. When you snore, you not only do you hurt yourself - studies have shown that a spouse, or significant other, can lose up to an hour of sleep per night. Causing them not only to be 'cranky' in the morning, but potentially destroying your relationship. So, don't just do it for yourself - do it for your loved one!

Are you getting love-handles? If you're like many men, you have probably found yourself expanding in places you rather would not. Are you sitting stationary at work all day, then go home and drink some

beer, eat some pizza and watch late night TV while letting your love handles get out of control. Don't feel bad, cause you're not the alone. obviously if you're seeing your mid-section expanding it's probably time to get up and start strengthening your abs. Some simple things you can do to lose those love handles forever are: stop drinking so much beer! OK, all kidding aside, you may want to control your eating habits, introduce some basic resistance and aerobic training along with ab exercises. And since we are talking about beer, you may want to reduce your beer (alcohol) intake.

<http://www.stopdrinkingadvice.org/guide/>

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