

Quitting Alcohol Drinking

Anyone who is trapped in a cycle of alcoholism probably wants to quit drinking alcohol, but fear holds us back. This is why denial manifests itself. The alcoholic can come up with all sorts of reasons of why they do not want to quit drinking, but **deep down it is always fear that keeps us from taking action** and making a change. If you are sick and tired of living the way that you've been living, at some point you will throw up your hands and say **"This is it. I have to make a change."** This is the point of surrender and it is when you are able to move past the fear of not drinking. Something happens on an inner level and you decide that it is time to try something different. And thus you either make up your mind and quit drinking **OR ask for help.**

Quitting drinking is the easy part, staying quit is the trick. There are lots of resources and recovery programs available to help you quit drinking alcohol. Your first, best, and most important resource is inside yourself. If you have come to the first step of admitting that you have a problem, your obvious, most important recovery resource is to **MAKE THE DECISION TO QUIT.**

Basic Steps to Recovery

1. Admit you have a problem. You do not have to admit to being powerless over alcohol. You do have to admit that you have a problem and that you want to change. What constitutes a problem is determined by the level of detriment that the consumption of alcohol wrecks havoc on your health, your successful functioning in life--in your job, in your relationships, etc.
2. Determine your allies as soon as you make the decision to quit. Who is in your life that will support you in your decision? Surround yourself with the people in your life that will assist you in your decision to quit, not people that will sabotage your sobriety.
3. Make a commitment. Don't be afraid to imagine yourself sober for the rest of your life. It is true that you take one day at a time. It is true that some days you take one moment at a time. You also need to have emotional acceptance that it is a good thing that you will not ever be drinking again.
- 4..List your reasons for quitting or cutting down on paper. Perhaps you want to avoid negative health consequences, improve your sleep, lose weight, or increase your fitness. Or you may wish to cut back or quit because your drinking upsets someone you care about. Record all your reasons and look at your list regularly.