

Alcohol

-Ever since a serious incident, I have lately been drinking my problems away.

-My friend drinks. How can I help?

-My friends are all drinking and I do not want to. How do I stay strong?

-My friend is alcoholic. He drinks his problems away and won't listen to me.

-My mother was an alcoholic and then stopped, and now started again. It only lasted a day,; but now I'm scared she'll become an alcoholic again.

-My mother used to come home drunk late every night. I would stay up all night worrying about her. I have since then never felt the same way toward her.

-My family drinks a lot of alcohol- my father/mother is an alcoholic & won't stop.

-My mom is drinking a lot and smoking cigarettes- should I say something?

-I love my brother but he drinks & is violent.

Some people can take or leave alcohol; for others, their body will crave it in an addictive manner. For some people alcohol will be a big distraction; for others it will be a great destruction. For some it will be simply a waste of great amount of money and time in their high school, college and young adult years; for others it is the way they go down.

It has been scientifically proven that the alcoholic tendency is genetic; so look at your relatives, parents, grandparents, uncles etc. If you have watched adults in the family struggle with alcohol issues, (even if they no longer drink), the chances are very good that you may have inherited the tendency (males 90%). Does this mean you have to resign yourself to living life as a drunk? Absolutely not. It means it will be an issue for you and you owe it to yourself to be careful. If you are wondering if you might be an alcoholic, these are the signs:

Have you ever felt you should cut down on your drinking?

Have people annoyed you by criticizing your drinking?

Have you ever felt bad or guilty about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover ?

One "yes" response suggests a possible alcohol problem. If you responded "yes" to more than one question, it is highly likely that a problem exists.

If someone you care about has a problem with alcohol

1- Recognize reality. Do not play make-believe. Alcoholism does not just go away. Left on their own the alcoholic's drinking gets worse and worse, as they need more and more alcohol to get the same effect. Brain cells start to die. The person makes bad decisions (85% of everyone in jail was drunk or stoned when they did what they did). They are responsible; but technically they weren't thinking straight. This does not mean that everyone who drinks alcohol will end up in jail. It means that people make a lot of stupid decisions while under the influence of alcohol.

2- Take action: Do not be an enabler, especially if the person gets violent when they drink. An enabler is somebody, usually spouses, friends, and family members, who make it easy for the alcoholic to keep drinking. They do things like cover for the person, or making everything nice all around them so the drunk's actions won't be so bad.

- *Speak with them* -when they are sober- do not waste your time when they're drunk
- If possible, ask everyone else affected by the drinking to join with you in *an intervention*. An intervention is when everyone who loves the person sits down with them together, expresses their love, and also their insistence that there is a problem and that they must get help. The reason interventions can be so effective is because when an individual speaks to the alcoholic they can turn around and twist it into it not being *their* problem. This is because only one person is saying something. But when everyone in their life is united; they have nowhere to hide. The intervention should include a treatment plan: rehab and AA.

If you are the person with the alcohol problem take these action steps yourself. Dry out at a rehab is necessary. Get support. Join AA & get a sponsor.

3-Pray for them, the change you wish for them happens first on a spiritual level, and through your prayers you are part of their healing.

4-Remember that nobody changes until they are ready within themselves. Some people feel that because alcohol is a legal drug that they should be left alone, especially if they are able to keep it together during the day and hold down a job. So if your efforts to help do not seem to be working, pray all the more.

5- Get Support. If you are a teenager dealing with an alcoholic parent or family member, find and join an Alateen group; where others who are your age can give you support and good advice. If you are an adult join an Alanon Group or codependents anonymous