

## [7-STEPS TO STOP DRINKING](#)

Well at last you have decided to stop drinking. There is no chance at all that you can stop drinking, Yes! You have no chance to stop drinking, but do know it best, that you have a better chance to do it. Yes! You can make it. You can make something better against all the incredible frustrations and insults that alcohol had made you to face. Sell all those bottles and go straight to the One Dollar Shop and get a pair of Coffee mugs. They look pretty desirable than those alcohol tins.

Relapse; well you may be sensitized by the glamour of the bottle in the commercials, your friends partying around, and you may be tempted to go back again. It is a common happening. Many people fall back at least twice or thrice in relapse in their attempt to quit drinking. Be strong willed. Be clear that you are going to quit and don't get back from that idea! Imagine if you go on like this your parents will very soon run short of funds for their medical insurance, your wife will have to work part-time or full-time to make ends meet; your children may have to leave their private school education.

Your wife wanted a break from work to baby sit, but she was not able to afford it because you did not earn enough. She had to leave your 30-day old child in daycare! She has to work in the household, work in her office, baby sit and care for the baby through the night; she has developed black circles because of disturbed sleep. She does not hate you after all this bitter events; she still likes you, waiting for you to change one day. At last you have decided to stop drinking. Through your entire stop drinking vacation meditate that you will never drink again.

Create your own tricks and plans to stop drinking. Work out a simple plan, compensate the time you have been drinking with some hobbies, help your wife out in the kitchen during those hours. Do some basic mechanic jobs in your household or in your office, organize your book shelf. Help your kids with their lessons. Go research for the right hobby that suits you. There are many heavenly and easy activities in the world other than spending your time drinking. You will realize what you have wasted in life and you would have become productive. Go crazy about researching on how to make a billion dollars in 120 days. See there are many things to do rather than killing yourself.

Get together with a group of friends who sail in the same boat as you. Who wish to stop smoking. Discuss on how to stop drinking as a Team. TEAM- Together Everyone Achieves More! Oops! Together Everyone Drink Less-TEAL. Group projects work miracles. So work as a TEAL! Alcoholic Anonymous is an example of a TEAL.

It is a common happening that many do skip the idea of quitting alcohol. Having failed multiple attempts you might be ashamed to declare time and again that you are going to stop drinking. Alcoholic Anonymous is a very good solution if your have faced any of these fits. The people at AA will help you; motivate you, to quit drinking. All that you need to do is register with them and declare you want to quit. The rest assured. They are behind you! You will be surprised they care for your sobriety more than yourself.

Well, you may be tempted at those social events to go for an alcohol. You may have a hard time keeping way from them, in such an event avoid that party you are not going to loose anything. Remember your friends are not going to pay all your bills. When you helplessly need to attend that social event go with a strong willed and determined friend, your very close pal who will take all his rights and might to keep you away from drinking, who may not dare to even slap you right away if you are behaving a too much. Give him the rights to slap you if you are crossing your limits. Tell him to take you to a doctor if you experience withdrawal symptoms. Seek immediate medical attention if you are tempted beyond limits.

### About the Author

Discover how to [Stop Drinking Alcohol In 21 Days - Guaranteed](#), by blog owner Ed Philips

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