



Do You Crave a Drink at a Definite Time Daily?

Video Transcript

This is Alcohol Mastery, my name's Kevin O'Hara and today I'm going to be talking about the eleventh of the Johns Hopkins 20 questions, are you an alcoholic?

Today's question is do you crave a drink at a definite time daily.

The thing about human beings is we've kept alive on this planet for hundreds of thousands of years.

Ourselves, Homo-sapiens, Cro-Magnons, all the descendants, because our brains are hardwired to get ourselves into habits as quickly as possible.

Unfortunately this hard wiring makes it very easy for things like the alcoholic monster to come in, chip away, and take over one of your daily routines, something you enjoy doing.



That's why it becomes part of a habit that you have a drink every time you watch a ball game, or you need a few beers to relax at the end of the day.

So over time this builds up until you're having cravings for a drink at a certain time of the day, or you get cravings when you're doing a certain activity.

For me, it was always finishing work.

Once I finished work at five o'clock that was it, I was gagging for a pint.

And of course, this little alcoholic monster was in my brain all along, just winding me up from lunch time onwards, making me taste the pint, making me feel how good the frothy head would taste.

How relaxing it would be to be sat at the bar and how much my back wouldn't ache any more.

So much so that my motto was, work done = drink begun.

You really start to get an inkling into your levels of addiction when you're denied the thing that makes the habit.

For instance, when you go to watch a ballgame, a football game, and you normally have a drink, what happens when you can't have a drink, if you have to do something that evening and you can only go to the game and have a soft drink, you can't have any alcohol.

For me, I'd spend the time fuming.



I wouldn't concentrate on the game, I'd be looking at the pints, but I'd be telling everyone else 'yeah, I'm grand, I'm grand'.

But at the end of the day, I'd go and do whatever I had to do after the game and I'd try to get back to the pub as quickly as I could.

Or I'd have a six pack of beer at home and I'd guzzle them down afterwards.

So that was the eleventh question of the Johns Hopkins series, do you crave a drink at a specific time.

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Click the link below and it'll take you straight to the site, where there's the video, there's a great post on this question.

You'll also see an mp3 download.

And you can ask me any questions you want there.

If I can give you any help at all please don't hesitate to ask.

My name's Kevin O'Hara, this is alcoholmastery.com,

Onwards and Upwards.

