



Do You Want a Drink the Next Morning?

Video Transcript

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

This tenth question asks do you drink in the morning.

And I have to make it clear that it's nothing to do with shift workers that come home in the morning after a long night's work, reaching for a few beers while they're watching a bit of television before they go to bed.

Nothing to do with them at all!

Now getting up in the morning and having a drink, really clicks into that drunken stereotype that people have about alcoholics.



If you get up in the morning and you have a drink, you're either hanging from the night before and you're trying to nurse a hangover.

Or you're having a drink because you can't go out of the house without a drink to face the world.

Or you have a drink every morning because there's no way you can face life without having a drink in the morning, you get the DT's and all that kind of stuff.

I used to have loads of these never again mornings.

Now every person with a heavy drinking problem knows what these are.

It's when you wake up in the morning and you've got a splitting headache, a dirty big hangover and you're holding your head going... "Oh never again".

That's a never again morning.

Now, thank god all those never again mornings are over for me.

January the 2nd was the last for me, and I haven't touched a drop since, and I've no intentions of ever doing it again.

My life is back on track.

I was never really a morning drinking person, I just never did it.



Especially after a hangover, the last thing I wanted was more of the same.

It'd just turn me off for the day or until the afternoon anyway, until the symptoms wore off.

Every so often I'd go out for a few pints in the morning, of a Sunday morning with a friend of mine, we used to down to an early house.

But it was once in a blue moon.

The only times I really got... my mate would ring me up and I was working away, and he'd say, "D'ya fancy a pint?"

Even though I was a hundred miles away, I'd be pissed off that I couldn't go out for a pint.

So that was the tenth question of the Johns Hopkins series of articles and it asked, do you want to have a drink in the morning?

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If I can help you out in any way, shape or form then please let me know.

I just want to try and help as many people who are having alcohol problems.



I've been in the same position for many years and I know that now I've got out of it I want to give back as much as I can, so if I can help you, let me know and I'll see what I can do.

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

Onwards and Upwards!

