



## Has Your Ambition Decreased Since Drinking?

### Video Transcript

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

So the question today is has ambition decreased since drinking?

Now, ambition is one of the things in life that drives us forwards, it pushes us towards achievements for ourselves and for our families.

But alcohol, especially long term alcohol abuse, kills all ambition.

I mean, how can you be addicted to something and still push yourself forward in your life.

It's very difficult...



Imagine the great sculptor Michelangelo, and he has a huge big block of marble.

And every day he gets his hammer and chisel out, and he's chipping away at this chunk of marble, and his ambition lies inside of it.

He's going to chip away at this marble until he uncovers what he sees.

Michelangelo said that he's sees the angel inside the marble, and he keeps chipping away and carving away until he frees it.

He also says that a beautiful thing never gives so much pain as does failing to hear and see it.

And that's the problem with drinkers, alcoholics... they just don't see what a fantastic statue we were at the beginning.

We think about life as being crap and we hit the bottle, and every alcoholic drink that we consume chips away and chips away at that fantastic statue until all that's left of us is a pile of crap on the ground.

I've always had ambitions, I think everyone has, and for most of my adult life, especially my drinking life, I've been chipping away at those ambitions.

I was always proud of myself, that I didn't lie to myself, but listening to the excuse after excuse after excuse of why I couldn't do things...

And it only afterwards, when I stopped drinking, that I was really lying to myself.



So I'm just so grateful that I've stopped drinking and I've come out the other side and I'm able to follow some of those ambitions, and at least achieve some of the things that I wanted to do.

So thanks for watching, this has been question nine of the Johns Hopkins 20 questions, has your ambition decreased since drinking.

I'd love it if you'd subscribe to the channel, just click the button and any future videos will come up on your timeline.

Leave a comment, either here or go to the website, the link's down below.

If there's anything I can do to help you, either with the questions, or with any other alcohol related problem that you have in your life and I'll do my best to help you.

This is Kevin O'Hara for [alcoholmastery.com](http://alcoholmastery.com)

Onwards and Upwards!

