



## Are You Getting Into Financial Difficulties Because of Your Drinking? Video Transcript

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This is Alcohol Mastery, my name's Kevin O'Hara, and today we're gonna be talking about the sixth of the Johns Hopkins 20 questions, Are you an alcoholic? Now this is about are you getting into financial difficulties because of your drinking?

There are many ways that you can put yourself into financial difficulties because of your drinking.

Most, but not all, are dependant on your income level and your education.

Now I say education because when the shit starts hitting the fan money-wise, the people that suffer the most and those that drink the most are likely to be middle aged or older males with a poor education.



Spending money on alcohol can be very expensive.

If you go out one night a week and spend \$50, that's \$2500 per year that you've spend on alcohol.

For me, money was never really an issue, I had enough money to spend on as much drink as I really wanted.

At the height of my drinking I used to spend roughly €200 per week, so whatever that is in dollars, 250, which added up to about €10,000 per year, a lot of money...

So a few of the other ways that alcohol can start causing you financial problems include if you lose your job, if you're not turning up for work because of hangovers and at the end of the week if you're getting your pay packet docked, you're not getting as much money.

If you're starting to cause injury to people or you're causing damage to property where you have to pay fines or compensation or even worse.

Gambling is also a problem that many alcoholics suffer from.

You're 23 times more likely to have a gambling problem if you've also got a problem with alcohol.

My own financial problems were always to do with not being able to move my business forward as I would have liked, to build it up.



I always had enough money to drink, I didn't have a lot of money, but I had enough.

And my attitude was always stupidly hedonistic, it was always I work hard and I wanna play hard, and have a drink whenever I want to have a drink, and if I don't go to work the next day because of it... so be it.

And if customers didn't like it, we'd either reschedule or I'd get a new customer.

But the problem with that was that I wasn't really keen, I wasn't really bothered about building up a business, where I could build it into something really good.

So that's the sixth question of the Johns Hopkins 20 questions, are you an alcoholic, and it asks Have you gotten into financial difficulties because of your drinking.

Again thanks for watching, and I really do hope that you're getting something out of watching this series of videos.

If there's anything I can do at all to help you in your journey to an alcohol free life, then please do not hesitate to contact me.

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My name's Kevin O'Hara for [alcoholmastery.com](http://alcoholmastery.com)

