



Do You Drink Alone?

Video Transcript

This is Alcohol Mastery, my name's Kevin O'Hara, and today I'm gonna be talking about the sixteenth question of the Johns Hopkins 20 questions.

Do You Drink Alone?

I think most drinkers have drank alone at one stage or another.

There's different reasons for drinking alone, some people just like to be on their own, they like the solitude.

And other people like drinking on their own because they don't like feeling lonely.

I used to like drinking on my own a lot of the time.

Mostly because I couldn't be arsed getting myself ready to go out to the pub, getting dressed or anything like that.



On my way home from work, if I knew I was going to be on my own, my partner works in the evenings, I'd go to the off-licence and I'd choose my drink carefully.

A couple of bottles of wine, and I'd think - is that gonna be enough, sure I might as well buy a third bottle, maybe a couple of beers as well, ah sure... get a six pack - don't wanna run out.

That was the worst thing I think, if I was drinking and I ran out of alcohol.

So I'd always drink on my own because it was easier than going home, having a shower, getting dressed and all that kind of stuff.

It was cheaper, I could talk away to myself and no one would argue with me.

I could listen to what music I wanted.

I could laugh.

I could cry.

I could do basically what I wanted.

And there'd be nothing to feel embarrassed about the next day, unless I took it outside the house, which I did on one or two occasions.

But most of the time it was drink until pissed, once pissed go to bed.

It's not a great life.



So I'd love to hear your opinions on drinking alone, your opinions on these questions, your stories about drinking alone.

Click on the link here to go to the website... alcoholmastery.com.

Leave a comment underneath the post.

If you want to subscribe to the channel, AlcoholMasteryTV, click on the button here.

Like I say, if I can help you in any way, leave a comment on the site and I'll do my best.

Thanks for watching.

My name's Kevin O'Hara, this is alcoholmastery.com, onwards and upwards!

