



Do You Drink To Escape Troubles or Worries?

Video Transcript

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

Do You Drink To Escape Troubles or Worries?

Before we start, if you want to click over here you can subscribe to the channel, AlcoholMasteryTV, or just click on the link down below to go to the website.

One of the big realizations that I came to before I stopped drinking was that the only way that any problems or worries of mine were going to be cured by drinking was if I died.

Then I'd have no more problems, but all the problems would be passed on to someone else.



The other people who would be dealing with those problems would be the people that I care about, my son or my partner.

Problems are an everyday part of life.

We all go through them; we all need to go through them.

You don't learn anything unless you have some problems or worries or troubles.

You need to go through those mistakes in order to learn.

Basically, I've been hiding away from my problems, my worries, my problems for most of my adult life through my drinking.

So as soon as there was a problem, down the pub or whatever, let's have a few drinks and forget about things, we'll always think about it tomorrow.

I wonder what my life, or where my life, or what direction it'd taken if I had never touched a drop.

How much more fulfilling my life would be now?

But I can't do anything about that, it's woulda, coulda, shoulda!

But the thing that really stopped me from drinking this time around was fear.

I really started to fear things in my life, I started to fear that my son was going to turn into an alcoholic, that he was going to follow my footsteps because he looks up to me and I'm not really a great role model if I'm doing that kind of thing.



I also started reading a lot of blogs before I quit drinking, going onto forums, and websites, and blogs.

And I came across a blog from a woman who was looking after her husband who'd been an alcoholic for forty years.

And she talks about this guy when he was young.

Bright eyed and bushy-tailed that kind of thing.

She said he had a smile that when anyone saw it they wanted to smile back.

And he was cultured and intelligent.

And then she talks about him when he was in hospital and he was in the final stage of alcoholism.

She said basically that he couldn't open his eyes any more, his grey hair was all matted against his head, he was as frail as a small child, and she couldn't even go near him because of the smell.

If you've got a drinking problem listen to what this woman has to say.

There is a woman who has dealt with someone else's problems and troubles all her life.

And there's a woman who's had the courage to stay with this man for forty years.

It's heart-breaking listening to this stuff, but it needs to be done because once you get to that stage where you've lost control of your drinking, you have to quit.

Because if you don't that's where you're gonna end up.



I never drank because I wanted to be social or because I liked the taste.

I always drank because I wanted to get pissed, pure and simple.

And I only just realized that recently.

Only a few months ago it dawned on me that this was the reason why I drank.

And I think once you know that about yourself, you start putting two and two together and you realize that there is no end road, the end road is either death by alcohol or by not drinking any more.

And it's the fear of going down that road that's stopped me drinking altogether.

And now I won't ever touch a drop again, as much as I'd like to, I won't.

So that's the fifteenth of the Johns Hopkins 20 questions.

Click the link down here below to and you can have a look at the post.

There's also a link to the website I was talking about. I can't remember the name of it offhand, just go to the website.

Also if you want to subscribe to the channel you can click the button over here.

If there's anything I can do to help you just go to the website and leave a comment, and I'll do my best.

Thanks for watching.



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

