



## Have You Ever Had Complete Loss of Memory Because of Your Drinking?

### Video Transcript

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

Have You Ever Had Complete Loss of Memory Because of Your Drinking?

I've had all sorts of memory loss because of my drinking, both short term, can't remember what happened an hour ago to I can't remember what happened yesterday, to long term memory loss.

For me Alcohol has stolen so many years of my memories, those precious memories that we're all supposed to have when we get older.



Those memories for me are always involving friends and family, get togethers, Christmas's, weddings, celebrations, you know when people get together and they haven't seen each other for a year or two years.

And unfortunately for me they always involved drink.

And as I said before, my drinking was never a social thing, it was always just to get pissed and I couldn't drink for the social thing, I couldn't sip of taste or any of that stuff.

So whenever I drank, it was always a one thing after another until I was pissed.

The more I drank, the less my memory got.

I even made excuses for myself over the years, I'm getting older, my memory is not the same as it used to be, that's just age.

But since I've given up the drink, my memories got pretty shit hot now.

It feels like time has stretched out for me because my memory seems to be that good.

The problem is that many drinkers drink because they're trying to forget things.

They're trying to forget troubles in their lives, they're trying to forget the big traumatic events in their lives.

And in all fairness it does work, but only temporarily.



You get pissed, you drink and drink until you get pissed, and by the time you're pissed you don't remember anything, and you don't give a shit about anything anyway.

But it's all back the next morning.

Those types of memories have to be worked through.

The big emotional things, death, or a big breakup, those kind of things.

They need to be dealt with; they can't be fixed by drinking.

So that's my two pence worth on the seventeenth of the Johns Hopkins series of articles.

Again, your memory does come back when you stop drinking.

My memory is pretty good now, and I've no intentions of deliberately giving myself memory loss again.

I'd love to hear your opinions, just go to the website and leave a comment after the post.

Or you can subscribe to the channel by clicking the button.

Thanks for watching.

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

