

10 Tips to Stop Drinking Alcohol

It's not easy to quit drinking alcohol, and for many people it will be a lifelong struggle. However, there are several common-sense things you can do immediately that will make it a bit easier to quit than you might have suspected. The following *10 tips to Stop Drinking Alcohol* will go a long ways toward helping you overcome alcoholism and get your life back under control.

Tip #1: Do NOT keep alcohol at home or work. Instead, choose HEALTHY alternatives for those moments you desire to drink a beverage. This might be very hard at first for some people, but after a couple of weeks it will seem MORE natural to have healthy food and drink choices around your living environment, rather than things that lead to sickness and poverty. Simply put, you need to make it EASY on yourself to be sober by removing the temptation. Don't underestimate the power of "out of sight, out of mind".

Tip #2: Do NOT skip meals. Perhaps the most important tip to quit drinking is to NEVER skip a meal, as that simply opens the door to alcohol abuse. Not only does eating 3 or 4 healthy meals a day give your body all the necessary nutrients to help you look and feel your best, but you will actually have LESS of a desire to drink alcohol when your stomach is full of food.

Tip #3: Do NOT talk, think or act as if you are powerless before your addiction. Alcohol is powerless before you, and not vice versa as 12 Step programs would lead you to believe. Remember, NO drink or drug can ever enter your body without your approving of it, so don't allow yourself to fall into the victim mentality of being powerless before alcohol - because that's simply a ready-made excuse to keep drinking.

Tip #4: Do NOT let one mistake ruin your resolve. The things in life that are truly worth having are things that take a little effort. Even if you have tried and failed a hundred times, it's imperative that you try yet again. And keep trying. No matter how small of a step you need to take, there has to be SOMETHING that you can do to reduce your addiction to alcohol. FIND that one, small something you can do ... and then DO it. Please read [Take a Baby Step Towards Sobriety](#).

Tip #5: DO maintain a healthy diet. Many of us will only put in the highest grade of gasoline and oil into our cars, and yet put the worst kind of crap into our bodies for nourishment. Then we wonder why we don't feel happy or healthy, or why we can't think clearly, or suddenly look so old. Isn't it far past time to treat your body as the temple it is? Start eating plenty of fruit and vegetables (preferably organic), and stay away from fast food, processed foods and the normal junk that most people eat. The healthier your diet is the LESS you feel the need to put alcohol into your body.

Tip #6: DO start exercising again. A moderate exercise program can and will make a dramatic difference in how you look and feel. Strive for 3 or more aerobic workouts per week to start out, lasting at least 20 minutes each. You can break that up into 2 ten-minute sessions if you'd like. Add 2 (but no more than 3) weight resistance workouts per week when you feel capable. It's really quite amazing that when you feel healthy and strong you ALSO start to feel genuinely happy with your life. Ironically enough, the MORE you exercise the LESS desire you have for alcohol.

Tip #7: DO remember the heartache that alcohol abuse has caused in your life. I'm not saying to dwell on your mistakes, or to let what happened in your past ruin your present. But I can't stress enough the importance of remembering the bad times caused by alcohol, because this will help you to develop the resolve to never go down that road again. Learn from your own mistakes, and vow to yourself to never let alcoholism ruin your life. Please read [The Secret to Sobriety](#).

Tip #8: DO recognize that a sugar addiction often leads into a alcohol addiction. If you are addicted to sugar your body is getting it from a variety of sources, including alcohol. So, what you THINK is a temptation to drink alcohol is OFTEN just your body craving sugar. When you eliminate sugar and sweets from your diet you will soon find that your cravings for alcohol have also been dramatically reduced.

Tip #9: DO recognize the wonderful miracle of pure, drinking water. Get in the habit of drinking at least 5 glasses of clean water each day as your body desperately needs water for almost every action it takes. You can survive for weeks without food, but only a couple of days without water. Remember, only WATER is water. Coffee, tea, soda, juice, etc, does NOT count. Plus, what many people think is desire to drink alcohol is instead simply their bodies craving water. Drinking plenty of water will REDUCE your desire for alcohol.

Tip #10: DO be thankful for the many blessings that you already possess. Your Creator has already given you so many blessings in your life, and also has so many good things left for you to enjoy. It was only the alcohol-induced stupor that prevented you from clearly seeing your blessings before. The more you recover from your past alcohol abuse, the more your mind will begin to clear ... and you will start to appreciate all that you have been given, and all that you can still do with your life. When you become truly thankful for what you already have you then open the door to receive even more blessings in the future. Please don't ever give up in your desire to be happier, healthier and more in tune with your body and your Creator. The more you strive toward these goals, the better your life will become.

Bonus Tip: Inside of you is a BETTER you that just can't wait to come out! Remove the alcohol from your life, let your better self shine, and you'll soon be able to show the world all the love, talent, humor, and compassion that was hidden inside. 🍀