



Do I Have to Stop Drinking Forever?

"What are you talking about, I can never drink again for the rest of my whole life? Are you kidding me?"

A lot of the problems with people that try to get sober is the thought of not being able to drink again for the rest of their entire life. Today, we're going to answer the question, "Can I ever drink again? Maybe just a sip? Am I locked out of drinking forever?" What about at my daughter's wedding or a graduation or a party?"

About six months ago, my dad was diagnosed with Stage 3 throat cancer. Now, the doctor said that it had nothing to do with the smoking and it had to do with something else, but they said it's a good idea to quit anyway. And just like that, at the drop of a hat, after smoking for 50 years, my dad just gave up smoking.

Now, we come from a long line of smokers in my family. My grandmother, my grandfather. Everyone chewed tobacco or smoked tobacco or something in some sort of way. And it wasn't an easy thing for him to give up, but when he was faced with the thought that he might die, *boom*, it was gone in an instant.

Now, my question is, is why do we treat alcohol any different?

For many of you reading this, alcohol could be deadly. This could be your last shot to get sober. You see, alcohol causes a lot of deaths. But for some reason, the mainstream culture and our society does not embrace alcoholism as a true, functioning disorder or disease.

When someone has cancer and asks what they need to do, the doctor says, "If you don't stop smoking, this cancer's going to grow and get worse." Instantly, the person is able to quit. They didn't ask themselves, "Will I be able to quit the rest of my life? Am I going to be able to do this?" That stuff didn't plague his mind.

However, with the alcoholic, it's a little bit different.

You see, what happens here is alcohol takes over our brain. Alcohol tells us things that we don't normally think on our own. It's literally hijacked our brain. One of the things that it hijacks is your ability to make rational decisions. Like right now, the fact that you are worried about not being able to drink for the rest of your life—not a sip, not a beer, not a near beer-- the fact that you're worried about it says that alcohol has a grip on your brain.



My Dad was instantly able to quit with the threat of what could happen.

Now, you want to look at this objectively. I'm not saying you have to make a decision right now. We don't need to decide the rest of our life right now. We just need to look at what's going on.

I'd like you to take a look at your life. Picture the way your life is right now, drinking as much as your drinking, dealing with the things that you're dealing with. Right now, look at it. Look at all the guilt, all the shame, all the missed income, all the opportunity, the family with their issues about your drinking, your mental wellbeing, the way that your health is deteriorating. Whatever it is that's going on with your drinking, I want you to hold that in your mind right now.

And then over here, on the other side of your mind, I want you to picture the drink that you crave. Picture that and say to yourself, "Look at what this drink is doing to me. Look at how it's affecting my life. Look at all the negative consequences." The definition of addiction is continuing to drink despite negative consequences.

I started trying to get sober in 2012. That year, I had a big wake up call. I was over at a convention in Vegas. We used to do these business conventions, small ones. We'd have about 20 people there. And I was doing this convention, and I got really drunk, and I had a pretty nasty fall. I thought, "Wow, something's going on. Why can't I control my drinking?" So I decided to think about it more.

It was around October of 2012 when I decided to get sober. I asked myself, "Can I moderate? Or do I have to abstain completely?" To me, the idea of abstaining was just out of the question. I thought, "I'm 30-something years old. How am I going to decide the rest of my life right now? I don't know what the rest of my life is going to bring." This was a big deal for me. But I thought I was able to do it.

However, I was not able to see that the alcohol was hijacking my brain. Every time I took a drink, it gave me a pleasant experience of being able to escape the shitty life that I created--the thoughts, the bad things that I wanted to get away from. Alcohol allowed me to get away from them. It had become my medicine. I thought, "How do I take that out of my life forever? What if I need it?"

This is what chemical dependency is all about. You believe that you are dependent on this chemical for your very life, and you very well might be. That's why we always tell you that if you're going to detox, do it at a doctor's office or a hospital.



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But here I was in 2012, and I was saying, "Well, do I need to quit the rest of my life?" The guys over at AA and all these other people were like, "Hey, man, just put your drink down. Just don't drink the rest of your life."

And so I went through this for a while. Over about a year and a half, I was going back and forth between, "Can I make the decision to not drink the rest of my life? Can I stay sober? Can I moderate? Do I have to be like these guys over here who think beer's the devil or whatever they think, right? Or can I figure out a different way?"

And then, in June of 2014 is when I finally did get sober. (or started to get sober.) And here's what I'd like to say to you.

Number one, your brain is being clouded right now by alcohol. It is being tainted. Your thoughts are tweaked so you cannot make a rational decision. You need proof? Every time you drink, it's an irrational decision. You know what's going to happen. You know where it's going to lead to. It's over and over proven.

"Oh, I'm only gonna have three this time," or "I'm just going to drink at dinner time," or "I'm not gonna drink in the morning," or whatever. And you say to yourself, "This is what I'm going to do." All the while, you're doing this because you don't want to make a definite decision to give up alcohol for the rest of your life because, what if? What if later? What if, what if, what if?

Right now, you are jeopardizing your very life, your very emotional stability, your mental stability, your health, and everything that alcohol is diminishing. You are jeopardizing that over one drink, two drinks, maybe a drink down the road. This is stopping you from getting clean and sober.

It stopped me for a year and a half, and those were some of the worst days of my life, mentally. I was dragged through the pits of Hell in my brain, dealing with this stuff.

I wish someone had come along to me and said, "Look, you don't need to make a decision right now. What you need to do right now is you need to focus on getting your mind clean."

You need to be able to make a decision with a healthy mind, because right now, your mind is tainted.

Your mind has been warped by alcohol. Maybe it's been 10 years, 12 years, 15, maybe almost 20 years. Whatever it is, realize that you're not thinking with a rational brain.



Back then, I wish someone had come along and said, "Look, here's what's going on. You're sitting here and you're not getting sober because you're worried about being able to drink again one day. This is your big worry."

We have these stigmas, these ideas in our brain that are stopping us from getting sober. Is the idea of saying, "I'm an alcoholic. I can never drink again," stopping you from getting sober? Well, here's something you can do instead.

I'd like you first to go to a doctor and find out how much havoc this shit has wreaked on your mind and your body. Go to the doctor, tell them what's going on, see if you need to detox.

After you get all detoxed under medical supervision, give yourself 90 days. We're not talking about deciding the rest of your life. Some people do return to drinking safely. Not me, but some people do. I choose to abstain completely. Give yourself 90 days. Start to get your mind clear.

On my website, check out the videos we have for you. On my Youtube channel, subscribe and check out those videos too.

At the end of 90 days, evaluate where you're at. Ask yourself how you're feeling, how you're thinking, and if things have changed. 90 days is enough to start getting your brain back on track. It takes more like a year and a half to two years to heal your brain completely, but at the end of 90 days, you'll be able to think a little bit clearer. You'll see the crap that alcohol has caused in your life, and you'll realize you need to do something about it.

Then, give yourself another 90 days. Tell yourself this: "If I am not an alcoholic, if I am not dependent on alcohol, I should be able to go a year without drinking." The fact that you are worried about giving up alcohol for any length of time, to me, means that you have an alcoholic brain. You are dependent. You cannot give it up on your own. You need some help.

Start with baby steps. That's why a lot of recovery literature says, "Take it a day at a time. Take it an hour at a time. Take it a minute at a time." Take it slowly. Don't commit to anything. Just say, "This is what I'm going to do," make a goal to get yourself healthy, to get your brain working again before you make any major decisions.



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Right now, I guarantee if you've been drinking for any amount of time, alcohol warps your brain. You might be thinking, "I don't get completely drunk like those people who forget everything and act weird." But if alcohol has the ability to make you act weird and not even remember your life and do things that you would never do before, then what's it going on a daily basis? What has it introduced into your system, into your mind?

For me, I remember one of the things that alcohol did for me. I could be having a normal day, perfectly fine. I would go to lunch, I'd have my three beers, or six beers, or a cocktail or something like that. And instantly, once that cocktail hit my brain, it gave it a little tweak and I would go into depressive mode. I was a very depressive alcoholic. And I would go and I'd listen to depressing music, and it would screw my whole day up. I'd end up blubbering like an idiot, crying about my life. This alcohol warped me just enough.

So, are you going to let drinking stop you from being the recovered person that I know you can be? That "just one drink down the road" or "Maybe just at a party" drink, or the thoughts, "Do I have to give it up forever?" Are you going to let those thoughts stop you from being the person that doesn't need it, that isn't dependent on alcohol anymore? Aren't you tired of living in the fog of your former self or what you could be? Aren't you tired of feeling the guilt, the shame, the overwhelm? And don't you think it's silly to be asking yourself, "Well, I don't want to get sober because what if, in 10 years, what if I want a drink?"

I'm not saying that you can never have a drink again the rest of your life, but I am saying you should get a clear mind before you make any of those decisions. And then later down the road, if you decide something, make sure you still have a clear mind, and make sure you remember. Alcohol has a built-in forgetter that makes you forget all the bad things that happen, and it only makes you think of the good. The positive reinforcement is so strong because it worked. Alcohol once worked for you, but it's not working anymore. So, it's time to do something about it.

Go over to TalkSober.com/help. We have some tools for you to help you get and stay sober. Don't hinge the rest of your life on one thought of being able to drink again. Get yourself clear, get the alcohol out of your brain, think clearly, then make a decision that's going to work for you.



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