



Karen Gardinier

Understanding Alcoholism?

By Karen Gardinier





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I always find it interesting when I ask someone who comes to me for help if they know what is wrong with them. Do they know what the problem is? Most of the time they say that the problem is that they drink too much.

That might be the problem if you are a heavy drinker, a problem drinker or you suffer from AUD but that is not the problem if you are an Alcoholic.

Alcoholism is a mental illness and compulsive behavior resulting in the physical, mental, and emotional dependence of mind-altering substances. A person who suffers from Alcoholism suffers from an abnormal state of mind and body.

There are many ways to treat Alcoholism and surprisingly enough it is not always alcohol. People who suffer from Alcoholism will try and treat it with Alcohol, drugs, gambling, shopping, working, eating...there are numerous ways to try and treat this mental illness and all of them result in negative side effects. It is not uncommon when a person puts down their "drug of choice" that they pick up another. Switching addictions is a frustrating and dangerous option and is really provides no solution to a profoundly serious problem.

The crux of the problem is in the Alcoholics mind. A mind that is driven by selfishness self-centeredness and self-seeking and usually doesn't think so. It will rationalize and justify anything to get its own way with no thought for the welfare of others. This delusional state will drive an alcoholic/addict into jails, institutes or death if not treated daily.

Once an Alcoholic has been separated from their drug of choice and the mind, body and spirit start to recover it is the Alcoholics thinking that decides to return to drinking and using. That is the insanity of their thinking that destroys them long before the first drink or drug is ever consumed.

Based on this understanding it is easy to see why people drink again, why we have countless cases of relapses and an inability to stay comfortably sober. It explains why people switch addictions, gain weight when they quit drinking and using, start chain smoking or utilize any other means to treat this thinking. Most of these options have negative side effects. It is no wonder that the sufferer gives up and resigns himself to jails institutes or death.



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Once a person understands that it is their thinking that is the problem, they can set up a treatment for their illness, a program for living that will help them survive their own Alcoholic thinking. If they continue to think it is the “drug of choice” quitting will be temporary and uncomfortable to say the least.