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How to Stop Drinking Alcohol - 2 Tips to Free Yourself from the Addiction by [Blakediego01](#)

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If your habit of drinking alcohol is starting to affect your relationships, job, or your family, then maybe it is time to stop consuming alcohol. There are many online guides, books, and professionals out there who can teach you how to stop drinking alcohol. You can teach yourself how to stop drinking alcohol without medical or professional help, but you will need a lot of willpower and discipline to succeed. This simple guide will teach you how to stop drinking alcohol without professional help. Once you know how to quit consuming alcohol, your discipline and willpower will be the key to your success.

The First Steps To Stop Drinking Alcohol on your Own

The first step is to learn how to stop drinking alcohol by avoiding temptation. You need to stop buying alcohol at all so that you will not be tempted to drink. If you have developed a habit of stopping at a store to buy alcohol when you are on your way home from your job, then break this habit. When buying groceries, buy everything you need at once so that you won't have to stop at a store during the rest of the week. You can also prevent temptation by going to places that don't have alcohol such as churches, ice skating, and movies.

The second step is to learn how to stop taking alcohol by keeping yourself busy during your free time. You can keep your mouth busy by eating small candies, mints, and chewing gum. Develop a new habit of eating mints and chewing gum to replace your bad habit of consuming alcohol. Another good habit that can replace your bad habit of consuming alcohol is exercise. Start working out by going to a gym after work or buy some exercise DVDs and exercise at home to keep your body busy and prevent alcohol temptations.

Additional Tips to Stop Drinking Alcohol on your Own

If you really want to stop your bad habit of consuming alcohol, then stop hanging out with friends who drink alcohol. You can talk to your friends on the phone or hang out with them at places that don't have alcohol such as gyms and movie theaters, but do not go with them if you know they plan to consume alcohol or they are going to a place that has alcohol such as bars and parties. Doing this may end your friendship with them, but if they really care about you, then they will support you.

According to experts, you can also prevent alcohol urges by eating fruits and candies that contain fructose. Keep a journal and try to identify what causes you to consume alcoholic beverages and what makes the alcohol urge to appear. Once you have identified the sources and situations that cause your alcohol urge, try to avoid those situations. Hopefully, this simple guide has helped you learn how to stop consuming alcohol on your own. Remember that learning how to quit consuming alcohol is not enough because you will need willpower and discipline in order to get rid of your addiction.

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You can discover a [how to stop drinking alcohol](#) for good with these easy to follow tips on how to a [stop drinking alcohol](#). Free yourself from the chains of alcohol abuse and start a new life starting today.

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