Enjoy Excellent Party Times Without Adding Alcohol

by Mark D

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If you are living with an alcoholic who is still drinking or is undergoing treatment to quit it, you should be very cautious in making a plan for the parties or events that you attend. Going to a brat fry where alcohol is served is not the best idea. Attending a wine tasting event or joining friends for a birthday party where alcohol will be served should be avoided. Your life is different when you live with an alcoholic. You try to stay away from events that serve alcohol, even a family gathering. You even change the way you have parties and hope that everyone understands. When my bro was getting ready to quit his drinking habit, I used spend some time with him by watching classic movies and songs that are recorded on my Dish TV DVR.

If you are having a party, you should have a alcohol-free party. This can be hard to tell to your friends and family, but if they know the situation, they should be more than happy to attend and do away with the drinking part. In some cases, you might have a smaller party than you wanted. However, you have to think positive. You are doing this for the both of you and not for anyone else. It can be a touchy situation if the family and friends do not know why you are doing this.

If your guests are confused, you can explain or tell them that you do not feel it is appropriate at the time. If they understand the problem, they may be happier to attend and have a good time without drinking. Not all of the people will accept what you are saying, but in most cases, people who care for you will be willing to have an alcohol free party. It can be hard to recover alcoholic from his or her habit of drinking when there is an access to any alcohol and this is the only way you can help. If the person is still drinking, this can save them from some embarrassing moments.

Try making some new friends that do not have the drinking habit and arrange parties with them. In some cases, a person who attends group meetings will make friends with other members and they will enjoy doing things together with their families. This is just another way in which a group can help the alcoholic. Family picnics or even taking the kids on a hike does not require alcohol. Do things that will not tempt the person to drink. Attend some events where alcohol is not served and have fun. You have to show him or her that you can have fun without drinking. This might be hard to do because the person may be annoyed or depressed because they would rather drink. You just have to enjoy yourself and show them that it is fun to do things without drinking. You could be fighting a losing battle, but at least you will have a few hours without someone being intoxicated. This is great if you have kids.

If you are having your kid's birthday, do not serve alcohol to anyone. People always seem to have alcoholic beverages at a kids birthday parties, but you can refrain and have a party for the kids instead for the adults. Just make it known that this is a party for a kid and you do not feel that alcohol is needed. You could also explain that there are problems with alcohol in the family and you prefer to keep the party free from any drinking. Be prepared for an attitude from the alcoholic when you attend parties with no alcohol. They can become upset, inattentive, depressed and frigidity.

You can only try to enjoy yourself and try to include them in the fun. The alcoholic who needs alcohol will have to start to have fun or suffer. This is harsh, but it is the only way to show them that you are serious about enjoying things without the drinking. It is possible to get them to have fun. You just have to try and include them, but do not force them to try. They will get the picture when they see you enjoying yourself.

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Success does not come in a day. If you are serious about getting rid of an alcoholic, you can do it immediately. But if you are thinking about getting rid of his or her drinking habit, you should go through the process. Mark remembers watching many informative shows on his a Dish TV on quitting alcohol. Search and schedule to watch those types of shows to get more information.

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