

Allergy, Mental Obsession and Recovery from Alcoholism

Faith is not always a positive force for good in our personalities. The things we choose to believe can destroy us. The mental obsession of alcoholism creates in the alcoholic a self-destructive belief structure. Its beliefs become the alcoholics' motivation and enable the excuse making that keeps the alcoholic actively drinking long past the beginning of alcoholism related problems

Alcoholics are born with a physical sensitivity to alcohol. We call it an allergy. One aspect of an allergy is sensitivity to the allergen. Some allergies are sensitive when very young and it's easy to say they are born with it because there was never a time when they were not sensitive. Others become obviously sensitive later in life. In both cases the sensitivity increases with time and exposure. Those who become sensitive later might think it began with exposure but they were probably born with the tendency to become sensitive.

The place where misunderstanding begins with calling alcoholism an allergy is the type of reaction. Those allergic to pollen or types of food experience painful symptoms and this naturally motivates them to avoid the allergic substance. With alcohol

the part of the body affected is the brain and the effect is pleasurable. Other allergies create thoughts of aversion and ones' brain thinks how to avoid exposure. Alcohol creates pleasure in the brain. This reaction in the brain creates thoughts of how to get more.

Those born without sensitivity to alcohol experience pleasure but not at the same level: Exposure does not create or increase compulsion in their personalities.

The mental result of most allergies is repulsion; to clean it off and stay away from the allergen. The mental result of the alcohol allergy is compulsion; the brain says give me more and when can I do this again. This compulsion reaction creates in the personality of the alcoholic a mental obsession for more alcohol. There is in the mind of the alcoholic an obsession that generates endless reasons to and excuses for drinking alcohol.

Alcoholism is progressive in several ways. Sensitivity increases over time with exposure and alcoholism spirals out of control. The more the alcoholic uses the more the alcoholic wants to use. Because use increases sensitivity this makes the mental obsession stronger. If reality steps in the

mental obsession is always there with an excuse and excuses, once accepted, double as reasons. The brain under the influence of alcohol is programmed to desire alcohol believes the excuses provided by the mental obsession. Belief motivates action.

The excuse making part of the mental obsession is what creates in the personality of the alcoholic the alcoholic belief structure. Belief structures of various kinds operate in all of our personalities. Personality is just an overall belief structure and the alcoholic belief structure is a fully integrated part of the alcoholics' personality.

One must remember that to be believed a thing need not be true. If it serves a purpose the mind tends to make a thing acceptable. The rational mind may know it is false but accept an excuse because the belief serves a purpose. There is a lot of this type of belief in the personality of alcoholics. It is the alternative reality of alcoholism. At times alcoholics may know their alcoholism lies but that is not sufficient to break the mental obsessions trap.

The alcoholic mentally speaking lives in an alternative reality. Psychologists call this maladjustment.

Life comes with trouble even when one is well adjusted to reality but the alcoholics' maladjustment becomes the source of an extra dose of trouble. The alcoholic considers this very unfair and this increases dependence on the beliefs of alcoholic alternative reality.

Alcoholics don't suddenly decide to stop drinking because an extra dose of trouble comes their way. The mental obsession turns the sense of unfairness, the stress of the trouble and the trouble itself into both reasons to use and excuses for doing so. A non-alcoholic sees the trouble as one good reason to stop drinking but the alcoholic sees the trouble as several good reasons to use more. Resentment of unfairness fuels a motivation to drink alcohol with greater intensity.

Trouble will be part of how those alcoholics who get well find recovery but when alcoholics are drinking trouble tends to increase their drinking and dependence on alcohol. Troubling experiences drive the alcoholic further into alternative reality and increased drinking intensifies the strengthening of the mental obsession. The alcoholics' day to day life is just a living hell; downward spiraling to some kind of bad ending.

Some alcoholics' do recover from this hopeless condition.

If you admit that you are an alcoholic and clearly see the mental obsession turning things into excuses for and reasons to drink alcohol. If you admit this has made your life unmanageable then you may want to take part in the solution we have found. We are just like you except that we have found a solution for our alcoholism and want to help you find the solution for your alcoholism.

Talk to a Alcoholics Anonymous sponsor about recovery from alcoholism. Attend Alcoholics Anonymous meetings as often as you can and do as your sponsor suggests.

The fellowship of Alcoholics Anonymous exists to help you find and enjoy recovery from alcoholism. Keeping company with and making friends of other people like you dedicated to not drinking alcohol is vital for recovery. Alcoholics adrift in the world without the support and friendship of other sober alcoholics drink again. This is one of alcoholisms obvious realities. Your chances of recovering from alcoholism alone are not good as your experience up till now likely proves

The 12 Step program of Alcoholics Anonymous can break the spell of the mental obsession. Lifesaving truth is much stronger than the lies of the mental obsession. A beginning can be made simply by believing what you see with your own eyes. We are alcoholics just like you who have broken free from the trap of alcoholism. Simply believe the solution we have found can work for you. Desire sobriety and be willing to try the solution we have found.

For now just believe in Alcoholics Anonymous. That can be your Higher Power. Alcoholics Anonymous is a Higher Power active in the life and beliefs of everyone who recovers. Those who believe in God believe in Alcoholics Anonymous also.

Step One: We admitted we were powerless over alcohol-that our lives had become unmanageable.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Get an Alcoholics Anonymous sponsor, attend meetings, participate in the fellowship and take the steps with your sponsors help.

Alone we die: Together we recover.

A Bill Friend