

DRY DRUNK

A dry drunk is someone who puts the booze down, and doesn't change the person on the inside...the person who drank.

Many people believe that AA is about "not drinking" and that is only the first step. The rest of the steps are about learning to live life on life's terms and taking an honest look at the real problem...ME. When I first came into AA, I believed that not drinking was enough. I was so happy to be able to not drink for the first time in years that I was floating on a cloud for the first 3-months of sobriety. Then REALITY set in. See the person that I brought through the doors of AA was selfish, self-seeking, self centered, full of self-pity, resentments and angry to the max. I blamed people, places and things for many, many years for where I was at, and what I chose to do or not do.

I blamed others for everything that I thought, said, and did. I absolutely couldn't look at myself. I lacked the ability to see the truth. I came out of denial about my drinking, and stopped drinking one day at a time. The denial that I had the hardest part with was getting honest with me about who I really was ...on the inside. I had excuses, and justifications for EVERYTHING that I thought and did. And if anyone approached me with the idea that it might be my thinking, my actions, and my behavior... that was the real problem. Well I would cut them out of my life quickly because, after all, they just didn't see that I was a victim...that I was innocent...and that it was THEM that caused me to think, say and do whatever I did.

The short of it all is very simple. I was absolutely incapable of taking responsibility and being accountable for my thinking, my words, my actions, my deeds, and my life. I had learned a way of life, when drinking ...that meant that I had to find an excuse to blame people, places and things for everything that I did, and I had to completely justify it in my mind.

A dry drunk is someone who puts the booze down, and continues the same thinking, words, actions, and deeds...as if they were drinking. I had warped my thinking and values completely when drinking and I had no clue, that along the

way I had become full of self-pity, selfishness, self-seeking, and anger and would do anything to get MY WAY. There is a wonderful saying in AA and it goes like this: "I want what I want and I want it NOW. The mine and the thinking of a spoiled child.

I had to change the person that I brought through the doors of AA ...with the help of the 12-steps ...and those wonderful people who were not afraid to be honest with me. It's absolutely correct when we share "HOW" ...honesty, open-mindedness and willingness.

Without those things, I would have simply continued living my life in misery, without a drink. I didn't get sober to be miserable. I had to trust those people at AA meetings knew me, better than I knew myself. And they did..."THANK YOU GOD".

I would simply ask you...what do you have to lose by taking the suggestions, getting a sponsor and beginning the 12-steps ??? It's been my experience that being a dry drunk is progressive...and, 'THANK GOD'...so is recovery !!!

AA is not about just not drinking...it's about learning to live life ...really live life...one day at a time !!!

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