



# **7 Myths of Kicking the Alcohol and Drug Habit**

**(Special Report)**

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## Table of Contents:

Myth # 1: You think you can control your addiction by yourself.....	3
Myth #2: Alcohol is not a disease .....	4
Myth #3: Alcoholism doesn't affect your health.....	4
Myth #4: Other people and their behaviors cause us to drink and use .....	5
Myth #5: Alcoholics have to hit bottom to stop drinking .....	5
Myth #6: We alcoholics can stop and restart drinking anytime without any consequences .....	6
Myth #7: I am different, unique and smart and I don't fit into normal society.....	6

## 7 Myths of Kicking the Alcohol and Drug Habit

### Myth # 1: You think you can control your addiction by yourself.

We alcoholics are in a self-destructive mode. Doctors, psychologist and loved ones have tried to understand why we alcoholics are so destructive. There are many discussions and theories. The biggest problem is our ignorance regarding our disease.

I remember a story I heard back in the early 1980's from Motivational Speaker Anthony Robbins, author of Unlimited Power.

Anthony was on a National TV program, showing the audience that he can help people overcome phobias. There were 2 people on stage with him, a man who was afraid of snakes and a woman who was afraid of heights. He started with the man. He tapped his forehead and bam, nothing happened. He was still afraid of snakes.

He kept trying but without success.

So, he went over to the woman and tapped her head and she was cured. She began to climb a ladder on stage. The announcer said what about this guy and Anthony taps his head and says, "think about snakes, think about snakes."

Nothing happened.

Later, Anthony spoke to the woman and found out her husband said that if she overcame her fear of heights he would take her on a shopping spree. So, she was motivated to climb the ladder.

The man on the other hand had NO motivation to overcome his fear of snakes.

I believe we are in denial and we keep trying with our brains, our emotions and our behaviors to make something, anything work. All the negativity of our addiction is ingrained in our core, we just cannot do it, we cannot quit, without help.

## 7 Myths of Kicking the Alcohol and Drug Habit

### Myth #2: Alcohol is not a disease

Alcoholism is characterized by an increasing tolerance to and physical dependence on alcohol. Alcohol affects our ability to control our drinking of alcohol which plays a huge ability on our ability to stop the drinking.

The term alcoholism means both alcohol abuse and alcohol dependence.

In 1992, it was defined by the NCADD as a "primary, chronic disease characterized by impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking."

AA describes alcoholism as an illness that involves a physical allergy and mental obsession. Dr. William D. Silkworth quotes in the BIG BOOK of AA "Alcoholics suffer from a physical craving beyond mental control."

### Myth #3: Alcoholism doesn't affect your health

The characteristics of alcohol abuse are a physical dependence on alcohol and an increased tolerance to alcohol.

There are many physical illness connected with alcohol use. To name a few, long-term illnesses: cirrhosis of the liver, epilepsy, heart disease, nutritional problems, ulcers, cancer, damage to the nervous system, sexual problems and brain disorders.

Women seem to develop long-term problems more rapidly than men.

Psychiatric disorders are very common in men and women and the symptoms usually get worst during alcohol withdrawal, however they improve or disappear with abstinence (stopping drinking).

The psychiatric disorders differ depending on gender and length of time using alcohol. The list is very long: anxiety, depression, confusion, panic disorder, PTSD, borderline personality disorder, narcissistic, and bipolar disorder. And the list goes on.

## 7 Myths of Kicking the Alcohol and Drug Habit

### Myth #4: Other people and their behaviors cause us to drink and use

We push people away that can help us. We have serious problems or crisis related as a result of our drinking or drug use and we blame others. We want to keep drinking so we use others as an excuse.

We don't believe in our hearts that we can have a "normal" life without drinking so we look for drama and blame others. We do not see how the drinking and the problems we're having are a result of our drinking.

We tell ourselves we are drinking because we need to cope with the people and their behaviors and they are the cause of all our problems. Yet we do not even try to stop drinking.

We tell ourselves how great drinking is and how much fun we have drinking. We tell ourselves that if other people would leave us alone we would be fine and our drinking would not be a problem.

### Myth #5: Alcoholics have to hit bottom to stop drinking

Addiction begins causing serious problems and our families are not sure what to do or how to help. They watch us as we fall apart and we still continue to drink. No amount of help seems to get us to listen to them. If the family believes that the alcoholic has to hit bottom then the alcoholic can go on and on for years creating problems for society and the family.

Hitting bottom is not required and the Big Book talks about raising the bottom. Intervention is the best technique and getting help as soon as possible is the best for the family and for us. We alcoholics are resilient and we find people to rescue us and keep going in and out of using and drinking for years and years. Having the family around and our closest friends with a plan for recovery coming from pure love is a way to help us claim our sobriety.

## 7 Myths of Kicking the Alcohol and Drug Habit

### Myth #6: We alcoholics can stop and restart drinking anytime without any consequences

The AA big book states that we are in the grips of a progressive disease over any considerable period we get worst never better and the book gives us the example of men who have lost their legs, they never grow new ones. We have irrational thoughts, unmanageable feelings, self-destructive urges, and self-defeating behaviors that drive us to drink and without a program and safety net we use our old ideas to decide how to react.

We have to develop new habits of thinking and new ways of managing our feelings and urges, and behaviors. This is the only way we can manage high-risk situations. We have to develop a daily plan. We have to have a weekly schedule of recovery activities and ways to develop new behaviors and new ways of thinking that helps us manage our feelings and urges.

### Myth #7: I am different, unique and smart and I don't fit into normal society

We alcoholics repeat these same words to ourselves over and over again till we believe what we are saying. We are different than others "normal" people. We believe our problems are different than others and we resist the help of others in the beginning of our sobriety.

We look for differences in people and we spend our time comparing ourselves to others. We believe our problems and our little designs are unique and we have the self-talk supporting our story. This is how we avoid recovery, we are better than "those" people.

The big Book of AA states an alcoholic as men and woman who lose the ability to control their drinking. It does not say anything about how, whom, or when. We always believe we are in control and no matter how bad our lives are or how much we put our families through we continue the misery and we self-destruct. Even when there is evidence of loss of control of everything we still believe that we have time to choose to drink because we enjoy it.

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## Free Discovery Session

### Are you ready for a change?

In today's fast-paced, modern world, you face daily challenges. And those challenges can literally drive you to drink.

Alcohol addiction is no laughing matter. Not addressed, your addiction can lead you down a dark road. Maybe you have already been there.

### Prison or Freedom?

I have spent too much of my time with people spiraling out of control and ultimately ending up in prison.

I don't want to see that happen to you. Now, maybe you have yourself in control. And maybe you don't.

It's your choice whether to change or not.

Does TROUBLE always find you when you're drinking or using? This is a sign you are heading in the wrong direction.

And just like a car heading down the freeway in the wrong direction, it's only a matter of time until you spin out of control and crash.

### Help is here!

I specialize in working with people who have an alcohol addiction, or an alcohol problem, or who just don't like themselves after they consume alcohol.

The good news is that you don't have to face it alone.

I can be there for you, guiding you down the path toward recovery.

I've been there and I've done that.

## **7 Myths of Kicking the Alcohol and Drug Habit**

Whether you are facing criminal charges and possible prison time, or just sick and tired of being sick and tired, I can help you.

### **Free Discovery Session**

What's your next step?

Simply contact me now to schedule a FREE Discovery Session.

We will talk by phone for about 30 minutes about your situation.

I will ask questions. I will share ideas. And I will explain how I work with clients.

### **Call Crystal Now**

Call 530-677-7393 to schedule your FREE Discovery Session.

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## About Crystal Singh



Crystal Singh is a Certified Og Mandino Coach with Intentional Creation. Crystal has coached people for over 30 years. She has a wide range experience in business and in life. She is entrepreneurial, investing and managing real estate and she has owned several other businesses. She built 2 solar homes, has owned several businesses and has owned and trained horses.

She led a multi-million dollar company, leveraging her organizational abilities. She has a degree in drug and alcohol counseling, early childhood education & learning disabilities. She has extensive experience with the legal system, jail and prisons. She has provided counseling to people suffering through addictions.

Crystal grew up in Chicago and moved to California in the early 1980's and began her training with Og Mandino, Werner Erhardt of EST, Mark Victor Hansen, Les Brown and Eric Lofholm.

## My Story

Date of Sobriety: January 16, 1981

Come we will learn to live in today. I want to share my journey and the joy and the pain. I have learned so much about life and I keep searching for areas to improve. By working this program on a daily basic your life style will change and you will experience growth.

The first time I drank I was 11 years old at a family campout. The table was full of booze, and I just walked up and poured myself large tumbler of alcohol and drank it down as fast as I could. I almost threw up. The feeling was amazing, I was having the time of my life laughing and stumbling around. I even lost my sunglasses.

It did something for me. It took away all the fear and feeling not good enough.

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My Mother realized after the hay ride that I was drunk and laid me down in the tent. I puked all over my self and was super sick.

My Mother asked me where I got the booze. She was mad. My first lie was that I said my Uncle had given it to me.

That lie stayed with me until I got sober and made amends.

I was at a conference holding the wall up, not wanting to be there with 9 years of sobriety. My usual line was I'm glad I'm not like that, I'm glad I am not like her, then all the sudden I remembered the bottle, the cupboard, the drugs.

Yes, I had asthma and I had to take a pill every day, 1/4 of a pill for my condition. At seven years old I had to get a butter knife and cut the pill in half and half again since the pill would zing all over I started cutting them just in half and then forget the half, taking the whole pill.

I was the center of the neighborhood. I was the smartest, prettiest and funniest kid. I had all the new ideas, inventions, and decided all the games. I was the most fun and it was great. That day at the conference I realized I was a drug addict when I was under 7 and it changed how I looked at RX drugs and how those events played out in my life.