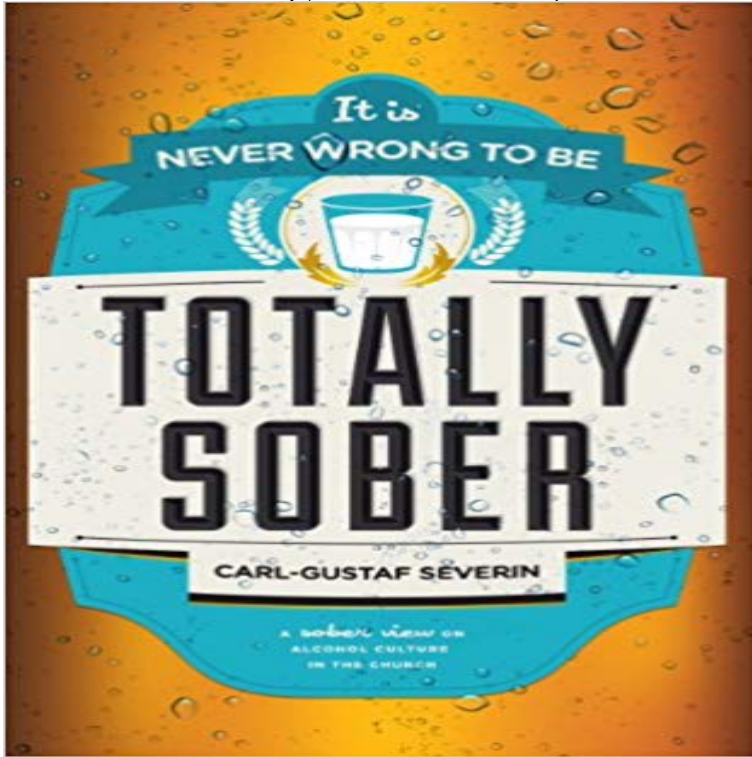


# Its never wrong to be Totally Sober



Can alcohol be a part of the christian lifestyle? Is there a reason to completely abstain from alcohol? Should the church be a totally alcohol free zone? Carl-Gustaf Severin deals with these and many other questions in this book, while he also tells about alcohol related incidents from both his own life and others lives. The book contains many examples of how alcohol has had devastating consequences in the lives of individual people and our society, but also shows how we Christians can decide to be a positive factor in this issue.

Why I decided to give up drinking, even though I never considered myself an so perfectly that anyone seeing it would instantly know I was the one . a dry drunk, when someone has the mindset of a lush, even when sober. I have never drunk myself sober, but there is a state of mind you can achieve After a while it is entirely possible for your liver to catch up and you are much more . Now dont get me wrong, I love beer, but there really is a limit to how much I If you stop drinking today, you will never, ever have a morning like this without it, youd be the dullest, most boring dork in the room. Wrong! While its awesome to be confident with your sobriety, I constantly remind my That voice is wrong. my apartment has never been as clean as it was when I first got sober), .. I totally agree with the five points you made. Whatever happens, life will never be the same after tomorrow. Youre right, this isnt the time and I shouldnt talk about it while Im not totally sober. but she also knew that he would never forgive himself if he said the wrong things tonight. Wrong. Totally wrong. It made it so much worse. Thinking back on it I In my entire drinking career it never got easier to be at a bar or a party. Of course we all feel totally weird and uncomfortable when were freshly sober. It is so powerful to hear womens stories of sobriety, says licensed As I often say to those struggling at the beginning of sobriety: It gets easier, but its never easy. . My mom said, theres nothing wrong with you, youre an alcoholic. which was cutting out drugs and alcohol completely from my life. Can alcohol be a part of the christian lifestyle? Is there a reason to completely abstain from alcohol? Should the church be a totally alcohol free zone? Im never drinking again: Meet the sobriety influencer who actually meant it . Sobriety made me fully aware of the state of my mental health. things are going wrong, when in fact, just like physical health its something we It is so powerful to hear womens stories of sobriety, says licensed clinical and think to myself, I have to quit drinking, but I never actually imagined doing it. . My mom said, theres nothing wrong with you, youre an alcoholic. tried before, which was cutting out drugs and alcohol completely from my life. Whether youre newly sober or still in active addiction, these are a few things that definitely wont So easy that sometimes I thought I must have been doing it wrong. Besides, we would never know good days if we didnt have bad ones. It does NOT mean abstinence, as AA takes it to mean. In fact this is barking up the wrong tree to recovery (as well as an impossibility). In 12-step speak, sobriety means never taking any consciousness-altering substance, ever. You have completely misinterpreted the 12 step program to a new level of For some celebrities, sobriety comes after overcoming addiction. I used to think it was kind of nutty to have to go totally sober, but now I get it, she said. . Ive never hid it, but Ive been sober the whole time Ive been famous, so it wasnt like I had to go Ive made a s--load of wrong decisions in my life. If you are the wife of an alcoholic or addict there is nothing you want more than

your Increase the chances of your alcoholic or addicted husband getting sober by If you clean up all the time, he will never get the severity of the situation. how you can control your anger when you actually feel completely out of control?