AA meeting

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I knew wrong. People who drink are not always lazy that they would rather choose to drink than face their problems, sometimes, they are just placed in situations making them want to drink. I was wrong thinking that talking to them once that drinking is just bad for you is enough to make them stop, but that is a fantasy because it takes time. I was wrong that they can just snap out of it and can stop drinking there and then. They can't. They need guidance and support from other people as it is a journey to stop. As long as they are willing to stop it, they can slowly stay away from binge drinking. I have learned that support from others can be one of the biggest push for them with this journey.

There are a lot of people who drink more than they should. Months or years can pass by with the alcohol abuse is still sometimes unnoticeable, until they feel the withdrawal symptoms when stopping. It is difficult. As a future nurse, I know I will be facing a lot people with alcohol problems which could be big factor to their current health. As much I want them to stop right away, I should not expect it to happen. Although, I will try to offer them support and education that alcohol will not help their illness, but only make it worse. I will offer them resources such as these Alcohol Anonymous meetings. It might be difficult, but with their help one can recover from being an alcoholic to an occasional drinker. They do not have to be alone in going over this transition, because a lot of people have a hard time not drinking if they have done for many months or years. Just knowing that you are not along, and hearing other people's stories can be helpful. As a nurse, I can provide my patients' resources for help.