

# How to Stop Binge Drinking



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*If you or someone you know is struggling with an alcohol use disorder, the safest and most effective approach to sobriety is to first seek clinical treatment. But for some, this may not always be possible or may not yet be necessary.*

*If you are in a position to safely attempt to eliminate or reduce your alcohol consumption, here are a few approaches you can take that may help you reach your goals.*

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## #1 Enlist Support.

- *The first step to take when you've acknowledged that you've been drinking too much is to find a trustworthy support network that can hold you accountable to your goals. This support system can include friends, family members, or even a support group such as Alcoholics Anonymous.*
- *If you keep your struggle to yourself, it's easy to internally justify and rationalize your continued alcohol use, so knowing that you may disappoint someone else can be a deterrent from drinking.*

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## #2 Change Your Environment

- *If you are comfortable confiding in friends, they may be open to alternate recreational activities in an environment less exposed to alcohol. If your particular group of friends is not receptive to this idea then you may need to kindly decline future invitations to socialize in trigger-rich environments.*
- *Take some time to think through who, when, and where you're most likely to consume alcohol and find alternatives to keep you occupied in your free time.*

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## #3 Set Limits

- *One goal may simply be to reduce the level of alcohol you consume. Think about how much you drink regularly or try to identify the specific types of alcohol that you binge on and then set yourself manageable goals to reduce your intake.*
- *Remember to be realistic in your goal-setting and don't push yourself too hard right out of the gate.*

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## #4 Get Help

- *Sometimes, alcohol dependency can reach a point where self-treatment is impractical and ineffective. Long-term alcoholics are likely to experience potentially life-threatening withdrawal symptoms as a result of abrupt abstinence.*
- *Treatment facilities offer recovery programs, which include medically supervised detox, individual and group therapy, and medications to help manage unpleasant withdrawal symptoms.*
- *As part of your treatment program, you'll learn healthier coping mechanisms, understand the root cause of your dependency, and practical life skills that will increase your likelihood of sobriety once treatment is complete.*

## Additional Sources:

*For more tips on how to quit drinking before it becomes a more serious issue check out the full article and the below additional resources:*

[\*How to Stop Binge Drinking At Home?\*](#)

[\*The Real Facts Behind Binge Drinking\*](#)

[\*Alcohol Addiction Treatment\*](#)

A young man is sitting on a couch, looking down with a somber expression. He is wearing a light-colored t-shirt. Next to him, a man with glasses is sitting, looking towards the young man. The background is slightly blurred, showing what appears to be a living room setting. The overall tone is somber and contemplative.

**Ready to get sober? Let's make it happen.**