

**Why there is a little celebration
in my head every time I read a
positive story about sobriety.**



I regularly seek out positive sober stories. People living full lives without booze. Successful people who don't entertain alcohol. I thrive off it, it makes me feel good, an outlet, albeit an internal one, can you have an internal outlet?

By this I mean a little celebration inside my head happens every time I read or see a positive story about sobriety.

Recently I started to question this internal party I seek. Why do I need the reaffirmation that quitting booze is a good idea? The facts are plain to see, I have written in my previous posts about many of the benefits I have experienced to date. Am I subconsciously still battling booze?

Yes I may not have any major cravings but there must be something triggering the validation I seek, the need for an endorphin hit of self congratulation. Why don't I just get on with life, I have managed to kick something that was at best a hindrance and at worst a serious health concern preventing me from living a full life.

Isn't that enough?

When I started trying to unpick those feelings it actually became pretty clear why I need to find some kindred spirits online, some stories of success, to have the little party popper go off in my head and feel that slight tingle as I realise I have quit such a destructive vice.

There are no major revelations here.

If like me you grew up in a society where boozing, and doing that to excess is not only accepted but celebrated then you become programmed to alcohol validating your happiness, programmed to actually celebrate alcohol and all that comes with it. A unifier, as you share stories of excess and hangovers throughout life.

So the opportunity to celebrate sobriety are few and far between or to be honest don't feel appropriate, yes

I may take some zero percent lagers to a social gathering but I am not going to start wanging on about how many of those I can handle or the joy of waking up clear headed and being able to fully function, because we have not been programed to celebrate this.

Oh I had a mad one last Friday, a few herbal teas and was in bed by 10pm, woke up Saturday with a clear head, enjoyed my son's football training and had energy and appetite for life that wouldn't have seen the light of day had I been boozing.

Ok an extreme example, I am not a knob and wouldn't say something like that regardless but you can imagine the response....Oh look at him the sanctimonious bastard.

A large part of the society I operate in doesn't celebrate or enjoy sharing tales of what a wonderful decision not boozing is like we do the rotten hangovers or navigating life feeling half our best.

And that is why I seek out my stories of success and have my internal party.

It's seven months today since I quit.

I have started to fathom out the need to have social activities and friendships that are not centred on alcohol and no longer feel guilty about swerving events or activities that don't suit the sober bloke.

All this helps and as I transition into sobriety being the norm and not a novelty perhaps the seeking out stories of success will subside? Or maybe not, who cares, it is great to read how other people find life without booze.

And if you did tell me what a great day you had
because of an early night and a herbal tea, I would say
good on you.

Love

Sober at 40.