

# Addictive Voice Recognition

Your addictive voice is anything that supports any use of any alcohol or drugs in any amount. Here are some reasons you may have accepted to justify your return to alcohol.

1. Screw it. Just do it
2. It can't really be any different.
3. I am an alcoholic, and that is why I drink.
4. I want it, so I'll have some. To heck with it.
5. I'll be careful this time. Just a little won't hurt
6. You've been good for five days now. You deserve a drink.
7. I haven't had anything for two weeks and I still feel lousy. A drink will help me feel better. Sobriety stinks anyhow.
8. Life stinks. There is only one thing that feels right. A drink.
9. I feel good. A drink will make a perfect moment.
10. I'm in good health. My body can take it.
11. I'm in bad health. What is the use of quitting?
12. I need alcohol to regulate my body. My body requires it.
13. What will people think if I don't drink? They may think I have a drinking problem.
14. I can't stand this craving. I may as well get it over with and drink.
15. I can't go more than (three days, one month, ect.). without drinking. It's time to drink again.
16. Drinking enriches my life. It's one of the few genuine pleasures.
17. I can't stand feeling so (bored, stressed, depressed, angry, ect.). I need a drink, right now.
18. This is a special occasion. It wouldn't be right without having a drink.
19. I can't enjoy music, TV, food, parties, traveling, without drinking.
20. A few drinks makes a better time.
21. I am more creative under the influence of alcohol or drugs.
22. I need something to relax after a hard day's work.

This is some of the language that your addictive voice uses to drink. This list could go on and on, because the Addictive Voice is very creative in finding new reasons for drinking alcohol. One of the above reasons, or something close to it, was probably the reason you resumed drinking after not drinking for awhile

Look again at the reasons you used in justifying your return to alcohol. Do you still stand by your statement? If you do, you are falling to recognize your Addictive Voice. By now, you probably sense that your own thinking about the use of alcohol isn't logical or sensible. The thinking isn't really you. How many times has someone who knows you said, "When you drink, you aren't really yourself? It's like something takes over." If you understand this, you are beginning to separate from your Addictive Voice; you are thinking objectively about your voice, not as "you", but as "it."

