

## **Drinking**

As everyone knows drinking plays a huge role in the whole college experience. This past weekend I had a horrible experience after drinking too much at one of my friend's houses for his birthday. I saw a side of me that I didn't like and it's not as if this were the first time this has happened but rather a side that has been exposed the past few times I have been drunk. I feel as if I lose control of myself and I make decisions I wouldn't normally make if I weren't under the influence. Waking up with tears down my face and cuts on my hands because I feel invincible enough to punch trees and street signs when I'm upset is something I need to put an end to. So for my weekly diary I choose to give up alcohol.

Sunday March 1, 2009

Today was a pretty easygoing day, after all it was a Sunday and not a lot of parties going on Sunday. I knew we were going to have a snow day on Monday so I decided to stay at home yet another night; the overall thought of drinking didn't cross my mind once. I think being home for the day definitely kept me occupied enough for me not to even want to drink. I think the environment I am in plays a significant role in whether or not I want to drink. It will be interesting to see what happens as the week goes on and I am back at school and with all of my friends who drink. Normally at every party there is that one person that doesn't drink and on most occasions they get harassed for it and peer pressured into doing it, I am looking forward to seeing what it will be like to be in their shoes for a week.

Monday March 2, 2009

Traditionally here at Southern Tuesdays and Thursdays are the big party nights here where everyone gets trashed but me it's Monday nights. Due to my schedule I do not have class until 3:15 the next day, which is plenty of time to sleep off any hangover. As the day progressed I thought about how I would turn my friends down and tell them I would hangout with them but I would not be drinking at all. I thought they would peer pressure me and make fun of me. When I finally returned to school I told them about my resolution for the week; which they took very well. This was something I didn't expect and it turns out it made the night a lot easier for me. As the night progressed and drinks were slammed down I realized I wasn't missing out on much. I noticed all of the stupid things alcohol does to people and it suddenly hit me this wasn't so bad. I could have a good time with my friends while being completely sober. Friends are friends no matter what if they could not accept the fact that I am not drinking then they are not true friends after all. As the night came to end I felt as if I had accomplished something and I truly felt better about myself afterwards.

Tuesday March 3, 2009

Tuesday came with the thought in my mind that drinking was something I didn't need to have a good time with everyone, which made night a lot easier for me. We ended up going out to one of my friend's apartments for yet another party. As I walk through the door the first words I am greeted with are "the beers in fridge dude help yourself." I felt the urge to have one; then the thoughts from last night and the fact that I had a great time without drinking came rushing back to me. Suddenly I lost the urge to drink, and didn't

have one beer for the rest of the night. As the night progressed I watched two people who are best friends start to get into a heated argument. If it weren't for the massive amounts of alcohol in their systems they would not have been fighting in the first place over something so stupid. Once again, another positive reinforcement for my being sober for another night. When it was time to leave I was finally the one who could say I'll drive back to the dorm I'm sober. We got back safely which a positive rather than relying on the person who says they had the least amount to drink throughout the night. When I got back I felt yet again another sense of accomplishment after staying sober and being the responsible one over everyone else.

Wednesday March 4, 2009

Throughout the day I sat down and thought that maybe drinking wasn't really for me anymore and that I am truly a better person without it. After two nights in a row of watching everyone become intoxicated and staying sober I began to see how pointless drinking is a times and that staying sober and free from alcohol will actually benefit me. At this point I am confident enough in saying that when it comes down it not drinking is most likely the way to go.

Thursday March 5, 2009

Thursday came and I knew some of my friends would be coming up to see me. I took them out to one of my friend's frat houses for the night. Coming into the night I had no desire to drink whatsoever. I denied every drink passed my way the entire night. It made it harder for me because all of friends were drinking and having a good time. Its possible

to drink and have a good time but personally the way I looked at it was I was with a bunch of people I didn't really know and I wasn't comfortable drinking around most of them. I ended the night without a single drink and two drunken friends coming back to my dorm room. I found them to be very entertaining because only when you are sober you can appreciate all of the stupid things they do and actually remember all of them come the next morning.

Friday March 6, 2009

When classes were over for the day my mom came and picked me up, I was going home for the weekend. My best friend and his girlfriend had broken up earlier in the week so were planning on having a guys night and just hanging out. We went from my house to pick one of our other friends up to hangout with him. When we got to the house he told us to come inside because the kid was having a party. We get inside and the place is packed with people and drinks everywhere. We had only planned on staying for a little bit then going back to my house for the night, but 2 am came around much sooner than we thought. What night the night incredible easy for me not to drink with everyone was the fact that neither of my friends drank that night either. So unlike prior this week I was not the only sober one there.

Saturday March 7, 2009

Today was my biggest challenge I faced throughout the week. Throughout the day I contemplated drinking because I was home with all of my friends and my best friend's girlfriend's parents were gone for the weekend and she was having an open house for the

night. During the day I argued with myself back and forth I'm going to drink tonight, I'm not going to drink tonight. Prior to going to the party about two hours before I had made up my mind I was going there with my girlfriend and I would not be drinking so I would be sober to drive the both of us back to my house later on that night. When I got to her house there were tons of people there and plenty of drinks to go around. As I walked in the door everyone was lined up ready to take shots of Jack Daniels. They saw me and immediately they said, "Get over here and jump in with us." Without hesitation I declined and said I wasn't drinking I had to drive later on in the night. Everyone was hammered at the time and started booing me and started chants trying to get me to drink. It was easy turning them down for the rest of the night once getting through that. As the night went on one of friends got into an argument with his girlfriend over something they would not normally fight about had they both been sober. They broke up with was a stupid decision at the time and like everyone predicted they were back together come the next day. This reminded me a lot of myself and was something I did routinely when I was drunk. I would get mad or upset over the littlest things and because I was drunk those little issues were amplified into something drastic. I got through the night without a single argument with my girlfriend; which don't get me wrong it is very rare for us to fight in the first place but all hell breaks loose when drinking is involved. I tend to take things personal and blow them out of proportion when I am drinking. When it was finally time to come home at 4 in the morning I was able to drive home with no problem. I carried my girlfriend into the house because she had a little too much to drink that night which wasn't a problem because I was completely sober. After the night was over I was so proud of myself; I had a great time just being in the company of my best friends from

home and I had a great night with my girlfriend and I accomplished all of this completely sober.

It has now been over a week since I have drank and been intoxicated and I feel a great sense of accomplishment. This assignment has opened my mind to the thought that I can have fun with my friends without drinking. I feel much more responsible and I feel completely in control of my actions. This is something I want to keep going even though the week is over. I feel if I am going to drink it should and will only be with close friends in a very comfortable environment, which leaves me no room to get mad or upset at a situation. Drinking at random parties is trouble for me it clouds your mind and allows you to make horrible decisions you wouldn't normally make if you were sober. I've seen way too many relationships thrown out of the window because of drunken mistakes. As far as that aspect goes I love my girlfriend way too much for alcohol to come into our relationship and ruin what we have. I am truly a better person when I am myself when I am not under the influence of alcohol.