



## Stop Binge Drinking Once and for All With Self Hypnosis Help

By: [J Seymour](#) | Posted: Oct 06, 2008

You have the ability to stop binge drinking within you. It doesn't matter if the problem is alcoholism, occasional binges on beer or an inability to say no to alcohol. You can quit the cycle of bingeing on alcoholic beverages and your anti-bingeing effort can pay off. All you need is some guidance and support.

### Recognizing the Problem

The first step in the recovery process is recognizing the problem. This can be challenging when it comes to bingeing because you may not engage in this activity on a regular basis. It can be difficult to recognize that you have a problem with alcohol when the negative experiences happen sporadically.

Recognition requires some objectivity that can be difficult from your perspective. Many people easily fall into a state of denial when it comes to band habits. The need to quit bingeing on alcohol may not be as obvious as you think.

You know that this situation is a problem once you recognize a pattern. You drink in excess nearly every time you have an opportunity. You look at mundane occurrences—like finishing a workday—as a glorious opportunity to celebrate with alcohol. You find it acceptable to consume five or more alcoholic beverages in one sitting.

### Help Overcome Bingeing

It's very important to get the help that you need because bingeing on alcohol has serious ramifications on your cognitive, emotional and physical being. You may be familiar with the immediate physical consequences of inebriation and loss of inhibitions. This state doesn't last long and is followed by headaches, stomach upset and a whirling dizziness that can prevent you from functioning normally the following day.

Emotional consequences are nearly as severe as the physical ones. You lack control and judgment when you are under the influence and this makes it impossible to make good behavioral decisions. Your poor decisions may have a serious impact on your interpersonal relationships and your reputation.

Cognitive abilities suffer as well. People who practice binge drinking in spurts have more problems with cognition and memory than people who drink every day in moderation. The problems with cognition also have serious implication on your personal life and your career.

### Stop Binge Drinking

You can quit the cycle by breaking the habit of bingeing on alcohol. When you look at the problem as a simple habit, it becomes much easier to control. With the help of self-hypnosis, you can put yourself into a frame of mind that can lead you to success.

Master hypnotherapist Steve G Jones has created a brilliant recording found here - [Stop Binge Drinking](#) - that offers the support needed to make the necessary changes. Another excellent selection is by Debbie Williams found here - [Stop Binge Drinking](#) - offers Debbie's clinical expertise and natural talent. Other outstanding options can be found here - [Binge Drinking Help](#).

### **About the Author**

J Seymour writes for a number of hypnosis and NLP related websites such as <http://www.selfhelprecordings.com> - an online self hypnosis shop based in the USA, <http://www.justbewell.com> - a site in the UK which both offers one to one hypnotherapy sessions and hosts a self hypnosis recordings shop, and <http://www.hypnosis-vancouver-toronto.com> - a hypnotherapy and NLP site based in Canada.

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