

Terror

How often have you felt terror the day after an alcohol binge, wondering how you could act as you did. You might have scared yourself by driving while drinking or blacked out so that you don't remember what you said or did when drinking. These instances can lead to a profound sense of terror at what's happening as a result of drinking. And yet, the terror alone isn't a cure for alcoholism. In spite of the terror, the individual continues to drink, which can also feel terrifying as no amount of fear seems to enable them to stop drinking.

Bewilderment

Why is this happening? Other people drink. They don't seem to struggle. A person struggling with alcoholism can experience confusion about why they are suffering or why they can't control their drinking. It's baffling to them how once they could enjoy drinking and how it all led to their present predicament.

Frustration

An alcoholic may feel habitually frustrated because their attempts to control their drinking or stop drinking fall short. Furthermore, important aspects of their lives like relationships and work may be suffering too, which only fuels their frustration.

Despair

Suffering with alcoholism can also lead to a sense of hopelessness. Failed attempt after failed attempt to stop drinking can cause a person to feel immense sadness. Broken relationships or the loss of a job can add to the despair that seems to grow as alcohol abuse continues.