

Criticism doesn't help accommodate efforts

by Lincoln Tritt

Note: This is a fourth in a series Tritt wrote in 1993 about alcoholism and alcohol abuse. This commentary was typeset the way it was requested by the author.

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Since any activity that a person with a problem can get involved in or any place the person can go to seemingly cost money; he/she does not have or is crowded with seemingly better people. A person in a poor state can feel noticeable and uncomfortable. Since the person feels out of place and thinks these people can not stand his/her presence, life starts to feel pretty aimless and they start to feel disconnected. Eventually, the remains of the alcohol left in the nervous system creates restlessness and the need to do something. Unfortunately, the person is usually broke or does not feel qualified for anything. We tend to be very self-conscious. This results in a lonely, useless and hopeless state. If a person is not fulfilling a habit, there is a void that has to be filled. This is often hard to do because we only know the streets. Being used to criticism, trying does not come easily.

A person, at this point, can wish he or she was anybody else, except who they are. Everybody else seems to have something; either family or comfort. The problem of being in

this situation is, we are so busy thinking up excuses and blame to justify our state, that we never seem to take the time to look at ourselves. We think everything that has happened is the fault of others or bad luck. Whether this is true or not is beside the point. A system can create its own disease.

Since alcohol and drugs go directly into the blood stream and then go directly to the brain, it tends to relieve a person of their fears and inhibitions. These feelings are appealing to people who are stuck in situations where things are expected of them, but can not seem to deliver.

In today's society we are constantly exposed to commercials and stories that depict care-free attitudes derived from the use of alcohol or drugs. Unfortunately, what is shown on the commercials or told about the experiences are rare in the life of an alcoholic or addict. For the most part, all an alcoholic can do is dream during the day and have nightmares during the nights.

There are people who can use alcohol and drugs and probably never seem to become addicted, but generally these people have a strong sense of value and discipline or never got the full impact of the addictive. A person can drink and go home as long as they want, but once the person gets the full impact of the alcohol to the point of getting drunk, then often has effect on the drinking habit. This is when the danger of ad-

diction occurs. The first time a person gets drunk, it does not seem to affect the health or habits. But then there remains the longing to reach that one ecstatic feeling or the taste of the first time. As the drinking lasts, the effect comes sooner and the sickness of the hangovers increases and also lasts longer.

To me an individual who is under the influence of alcohol is not the same person I know as a sober person. Often people would let a person under the influence of alcohol alone because of fear. This can be appealing to a frustrated person under the influence. This can be very exasperating for the people who are trying to help. The first step in dealing with alcoholism, is the person must want to quit.

Even when a person tries to quit drinking, they usually find themselves in the vicinity of a bar. For one thing, that is all they have known and also that is where their subconscious mind usually takes them, but they are not aware of this. The following phrase is from a documentary aired in January of 1990, on "Smithsonian world". "THE SUBCONSCIOUS IS A SUBTLE MASTER". when dealing with habits, this statement can prove very true. Alcohol, drugs and other habit-forming additives, all have one thing in common. They are stronger than the individual and the safest thing to do is avoid them. This is why support is needed.