

Title:

Alcohol And Substance Abuse Will Not Take Away Your Fears

Word Count:

508

Summary:

It is not easy to deal with our fears and anxieties however trying to avoid them through Alcohol

Keywords:

Article Body:

It is not easy to deal with our fears and anxieties however trying to avoid them through Alcohol

The first step is to learn to take it one day at a time. Instead of worrying about how you will

Seek help from God. You might of heard this before, however have you tried asking God for help

Remember that no one can predict the future with 100 Percent certainty. Even if the thing that

Another technique that is very helpful is to have a small notebook of positive statements that

As a Layman, the important thing is to get the proper help by seeing a professional. Avoiding

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