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It was last Monday morning. The conversation of everyone was the activities of past weekend. Frequently, explaining how drunk a person was as well as the unavoidable mishaps was fascinating. Some of the unavoidable mishaps as a result of drinking alcohol were not remembered until the following day. For instance, friends would tell one another how wasted they were the previous night. Some even confessed of drinking 10 beers. They all said this with a smile signifying a repeat of the same the following weekend. This habitual occurrence got my attention, why do people brag themselves and usually offer praises to others for carrying something that absolutely require no skill? In brief, why do people get drunk?

People usually drink simply to overcome insecurities that they have built deep in their hearts. For instance, a friend of mine, John, endeavors to be a ladies-man. However, he seems to have fallen short of the role and merely becomes a friend to the ladies that he has interest in. One weekend after drinking alcohol, John decided friendship was not enough. He wanted to change everything. Even though rejection may be the outcome, people usually drink to overcome insecurities within them. People drink for boldness. Those people who are born fearful, shy or timid drink alcohol as way out to boldness which they are not able to accomplish on their own. They therefore drink to meet head-on problems which they are not able to face.

Frequently, alcohol is used to wipe out bad experience or memory. People usually drink to overcome unwanted experiences. This is the reason why an individual attempting to deal with a situation of being fired from his job or for having lost a loved one resort to drinking alcohol. Drinking alcohol makes

them forget the ordeal quickly. For instance, my aunt became alcoholic because she blamed herself for the untimely death of her twin sister. She would drink constantly to wipe out the unforgiving pain. Therefore, people drink to relieve pain. This is the reason as to why people with chronic pain take alcohol. They consume alcohol simply to control the physical pain. More often than not, many people drink simply to be merry. People drink to have a good time with their friends as well as their loved ones. Those who drink alcohol argue that alcohol spices up any social gathering. They believe that any social gathering is not enjoyable and thus to make the gathering lively, they include it as a necessity and drink. However, this statement can be interpreted as people like enjoying having no self control to some order or rules. Drinking has also on the contrary made younger adults go against the set rules and order. Similarly, people drink alcohol to boost their appetite. Those who are victims of anorexia usually resort to drinking alcohol simply to improve their appetites. Drinking alcohol may eventually get risky when an individual needs to feel good more, more so in a situation a person cannot do something good until he/she drinks alcohol.