

Leaving for las vegas essay example

[Health & Medicine](#), [Alcoholism](#)



Question 1

Health is more complex than just exercising and eating as required. For an individual to have good health he/she must maintain these six dimensions of health. However, in the movie the main character who is Ben Sanderson get into alcoholism after being left by his wife. He lost everything because of alcohol. The first dimension Ben lacks is physical health this is because he involves himself in alcohol and forgets practicing health eating habits. As we see in the movie, Ben takes alcohol till his death. In the movie alcohol is his everything.

The second dimension that goes wrong in Ben's life is social health this is because he lost his family and lost his friends and moves in Las Vegas to drink till death. In Las Vegas he involves himself with prostitutes for instance Sera who totally changed Ben life. As time flew Sera becomes so fed to Ben alcoholism and advised him to see a doctor at least to improve his social health. The third dimension that ben lacks was intellectual health this is because he seems not to solve situation appropriate. He does not think critically and clearly about his situation.

As an educated person, ben could seek for marital help instead of involving himself to alcoholism. The fourth dimension is emotional health, Ben does not put in consideration his ability to control and express his emotion. In the movie when his wife leaves he seems to be annoyed and unable to control his emotion. Still in his work after his work mates advices him because of alcoholism and given a warning by his boss he does not control his emotions instead he leaves them without a word.

In the movie Ben is not earth friendly this is because after finishing drinking

alcohol he throws bottles away. His life is not environmental health since he does not care anything. In his spiritual health he does not observe peace and unity in his life. While Ben is drunk he is very arrogant and he lacks a purpose and goals in his life.

Question 2

Ben Sanderson could have solved any family problems that he might have had. He goes into drinking because his wife left him. However, he is not sure whether his wife left him because of drinking or he started drinking after being left by his real wife. This is revealed when he tells Sera, “ I don't know if my wife left me because of my drinking or I started drinking 'cause my wife left me”. Nevertheless, a critical scrutiny of the situation discloses that he was over consuming alcohol so as to fight the stress associated with being left by a wife and losing a job. It might be possible that his wife left due to social problems at home. They should have sought the assistance of a marriage psychotherapist who would have advised them on how to solve any of their marital issues and live together in harmony. If this was done, Ben could never have gotten into alcoholism and he would not have been fired by his boss.

Question 3

The movie has not changed my perception of alcoholism. I believe it is a great menace that threatens to engrave the modern society and actions must be taken to monitor its consumption. Nonetheless, I learnt that rather than seeing alcoholics as outcasts, one should critically analyze the prevailing conditions to understand why some people become alcoholic.

However, it has made me to further understand the adversities that alcohol can bring to an individual. Ben is under the influence of too much alcohol that he tells Sera that she should never tell him to stop drinking. It can make an individual to want to lose his life.