

Psychological effects of alcoholism



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The Psychological Effects of Alcoholism There are many people who live a life that is painful and which they want to escape from. Due to this people will often turn to alcohol and abuse the privilege. When people think of the effects of alcohol, they think about the physical effects it has on the body. What is discussed less frequently, but in some cases equally damaging, is the effect alcohol takes on the mind. Alcoholism will take you on a one way road to failure, which leads to losing a career, family, and most importantly one's self.

Initially, alcohol will increase a person's confidence. At social gatherings, a person will initiate more conversations, tell funny jokes and feel a sense of acceptance. Unfortunately this is all in their mind; what's funny to them might really be rude and obnoxious to a sober person. An intoxicated person won't see how their acting because the alcohol triggers the short release of dopamine. Consequently, the brain will rely on the alcohol to release dopamine for feelings of pleasure and happiness. After continued use of alcohol a person will more often make poor judgment.

During their impaired state under the influence, they are likely to lie to people they care about, steal or engage in other destructive mental behavior. While intoxicated, your mind will trick you into believing that your actions are not that bad, leading to a carefree attitude. As a result, a person will have to pay the consequences in jail, the hospital or in a grave. Another downside of an alcoholic is the increased aggression. Violent, aggressive behavior is common among male and sometimes females. The loss of inhibitions, along with the destruction of brain cells caused by drinking can create abusive behavior in alcoholics.

As a result, spousal abuse and street fighting are often triggered. There are more shelters opening up for women who are victims of spousal abuse. Often times the abuser will only strike their loved one when intoxicated. Most importantly, alcoholism affects your family and loved ones; the alcoholic is not the only one that gets emotionally scared. An alcoholic doesn't realize the hurtful words they say, stay in the minds of their children and family. A child's mind absorbs every detail and growing up in a verbally abusive environment can stunt their development. They have a good chance of growing up with learning and anger management issues.