

I thought I could drink like a gentleman

I am C. P. Yadav (The name of the client has been changed to keep the confidentiality), age- 43 is from Jamshedpur and from an engineering background was always interested in mechanics jobs, and after about twenty miscellaneous jobs, lasting from one day to two weeks, I obtained a job as a service engineer at Pune. Worked there about a decade from 1988-1997 and started drinking with peers occasionally and thought I could drink like others. Suddenly this took a turn and my using became a junk, and I could no longer control myself. Things started changing at my work place, ill regularity at work, hangover began to assume monstrous proportions and the morning drink became an urgent necessity. When my friends & office people suggested that I was drinking to much they were no longer my friends. I moved from groups to groups- then place to place- and went on drinking. When his doctor told me I should never touch drinks again, I couldn't afford to believe him. At that point the doctor gave me a book to read. The first chapters were a revelation to me. I wasn't the only person in the who felt and behaved like this. Married in 1992 my wife was the only person in the world was not only my wife but also a friend. She tried various methods books, medicine, Etc. but felt more and more hopeless. She even tried God but I couldn't stomach religion and didn't like the mention of God or any other capital letters. I thought if that was the way out, it wasn't for me. Then a miracle happened to me. It isn't always so sudden with every one, but I ran into personal crises which filled me with a raging and righteous anger. And as I fumed helplessly and planned to get good and drunk and show my family, my eye caught a sentence in the book lying open on my bed: "We cannot live with anger." There was a sudden transformation in my thoughts and I didn't have to show to "show them." This wasn't "religion" __ this was freedom. Later I went to a meeting to see for himself this group of freaks or bums who had done this thing, and met the real world of people like myself. I surrendered myself to this group for a while and saw for myself the differences one can make if he wanted to, only if he believe that once over-weening self-will has finally found its proper place, for he can say many times daily, " Thy will be done, not mine.....and mean it.

Today I am a regular member of the A.A. (Alcoholic Anonymous) at our centre, and living a alcohol free life with my wife son and daughter and I changed my career from service engineer to a contractor.