

How to Avoid Getting Drunk



Getting drunk is easy enough to do. On the other hand, [drinking](#) and not getting drunk is an art or, at the very least, an exercise in good self control. And it's definitely a skill you can learn with practice and a determination to stop inflicting drinking excess on yourself.

Edit Steps

1. 1

Don't drink. Okay, so this is really obvious as it's the easiest solution but often it's beset by the most ridiculous excuses or assumptions that cause you to feel *obliged* to drink. So what if everyone else is doing it? That doesn't make it appropriate. You really do need to ask yourself why it is so important to keep up with everyone else in the drinking stakes every time you head out to somewhere that has alcohol available. And if it's a business event, why even indulge? At such an occasion, keeping a clear head not muddled by alcohol will be more likely to win you clients,

mentors and deals than giving people a glimpse of alcoholic desperation.

- Avoid turning to alcohol when you're worried, unhappy or stressed. These states of being can cause you to drink until you're drunk in the hope of anesthetizing the emotional pain.
- Get used to refusing drinks. Just [say no](#). If your assertiveness has taken a dive, brush up on assertive responses and hold your ground.

2. 2

Eat before drinking. If you know you're going to be somewhere that you'll be tempted by alcohol, feed your stomach first of all. It may be tempting to skip food to save calories for the alcohol but that "trick" is a one-way ticket to fast drunkenness and one almighty hangover, not to mention unknown loss of control in between. A lack of food in your system causes you to become drunk much faster and it's also very risky, as this "drunkorexia" approach can lead to poor concentration, nutritional deficits, impaired judgment and long-term serious health effects and diseases. [\[1\]](#)

3. 3

Set a limit. Check the current suggested maximum limits for daily alcohol intake as suggested by your government's health agency or advisers and stick to it. Keep anything more than this right off limits. In general, one glass or standard unit/drink of alcohol is likely to be okay provided that you're not a recovering alcoholic or you're not barred from consuming alcohol for health or other reasons. And if you're not able to stop yourself at just one drink, then limit setting will be hard for you and your limit should be zero; if

so, you'll need to rely on some of the other suggestions in this article.

- For men, the suggestions for a standard drink usually range between 1-3 drinks or units a day and for women, between 1-2 drinks or units a day (some countries make weekly recommendations). Many countries recommend complete abstinence from alcohol for pregnant and breastfeeding women.^[2] The exact amounts depend on your country's sizing of alcohol portions, so be sure to check your relevant health agency's recommendations; beyond gender, the limits will also vary depending on age, health status and drug dependencies or use.

4. 4

Stretch out the first drink. Decide that the first alcoholic drink of the evening will be your last and make it last. Sip it now and then in between a soda, a water or a soft drink that you've bought at the same time. Alternatively, slow down completely. In conjunction with setting a limit, only drink one drink an hour until you've reached your limit for the night.

- Another alternative is to massively dilute the alcohol with non-alcoholic choices, such as in a shandy where it's half beer, half fizzy lemonade. You can even ask for three quarters lemonade and a touch of beer!

5. 5

Use artful deception. If you're somewhere where you're going to be constantly hassled about why you're not drinking, think creatively and make it look like you're drinking even though you're not. Ask the bar tender to pour

a club soda into a lowball glass. Ask for a twist to be dropped into it. The end result can easily pass for a gin and tonic, a vodka tonic or other alcoholic drinks in peoples' hands. Drink away and say sober.

- Coke drinks can also be used. Simply white lie about it being a "Coke and something".

6. 6

Drink mindfully. Drink for taste, not inebriation. Savor both the flavor and the aroma of the alcohol instead of bolting it down. Indeed, splurge on an expensive but extremely enjoyable drink because it's going to be the only drink of the night. Perhaps one glass of an aged wine, a fine single malt whisky or an aged beer would fit the bill. Whatever it is, appreciate its nuances slowly.

- Bring the glass to your lips every now and then and tilt it. Instead of drinking though, simply inhale the aroma.
- Taste the drink as you swallow it. If it's not worth tasting, then it's not worth drinking!

7. 7

Borrow from the tricks of the wine and beer tasters. If you have to taste alcohol for a living, you soon realize that it's important to be the one in control.

- Sip, don't chug.
- Keep your glass a respectful distance from you when not drinking. A good 20cm (8 inches) should be between you and the glass of alcohol in between drinks.
- When you drink, keep looking through the glass into

the room and not up at the ceiling. This means you drink less and savor more.

- Appreciate what you drink. This is probably the number one secret to not getting drunk – to learn to appreciate what you're drinking rather than treating it as a means to feeling temporarily good. See the previous step on drinking mindfully to achieve this.

8. 8

Tell people something else to get them to stop pestering you to drink. If you're with friends who insist constantly that you have something to drink, tell them you don't feel well, that you had to take medication that doesn't mix with alcohol or that you have to get up early tomorrow. Another excuse could be that you're detoxing or fasting for a medical test and that alcohol cannot form a part of your health regimen.

- If you don't want to fib, actually do sign up for an early morning something like exercise class, a yoga session or a workout on the beach. It's an incentive for you not to drink until you're drunk, as well as being a good excuse to give to others.

9. 9

Choose a good location to drink. You're likely to drink a whole lot less when you're in a place with distractions such as food, games like bowling, darts or billiards. You're also more likely to forgo drinks if the lighting is up, the place isn't crowded and you're feeling comfortable.

10. 10

Avoid temptation. If you know you're going to want to drink more than you should, implement some methods to

remind yourself to stop. Some suggestions include:

- Use the rubber band flick trick. Wear a rubber band around your wrist. Every time you feel the temptation to drink, flick yourself back into making a conscious choice not to.
- Have a buddy remind you when enough is enough. This might be a buddy who doesn't drink or is good at knowing his or her own limits and stopping. Or it could be a family member.
- Distract yourself. Get up and [dance](#), talk to someone for a while, play a game of pool, order a really complicated mocktail and savor it.
- Hold a non-alcoholic drink in your hand when socializing if it's the holding of the drink that helps you feel like you're fitting in.
- Allow yourself totally different rewards, like a shopping spree, a favorite item of food, seeing a movie, calling a friend long distance, etc. in place of the alcohol.

11. 11

If you do drink until you get drunk often, reflect over your drinking habits and reasons. Are you a mindful or a mindless consumer of alcohol? Do you drink until you're drunk because others do, or it helps you to bond or loosen up? Do you drink because it's all that there seems on offer? Really question what motivates you to drink until you're drunk and what you're getting out of it. If the real answer is "not much but I can't be bothered to change", do something about your bad habit by taking charge and showing others how to have a good time without alcohol.

12. 12

Remember that drinking is bad for your liver

13. 13

Remember that drinking can make you feel ill, and may induce vomiting.