

EMOTION	How does alcohol add	How does alcohol take away ...
Joy	None... (I thought it added to the fun of an evening..but that was false)	Hangovers, Black Outs, Communication Mishaps which lead to arguments
Gratitude	Zero	Hard to be thankful or mindful when drunk...except through the lens of gratitude for not getting arrested, or hurting anyone, or not making an ass of myself
Serenity	None	Numbing the senses is NOT serenity.
Interest	0	0
Hope	Only hope I haven't blacked out or made an ass of myself	Takes away hope that I will feel good in the morning. There is always something missing the next day ...even if it was an opportunity to be AWARE of someone else or something else that happened while the drinking was going on.
Pride	I suppose there had been a time that I was proud of my ability to drink as much as the guys, or do a beer bong quickly, or win at a drinking game. (Insert bummed face)	Takes away being a better version of myself. Being more present at the event or in a conversation.
Amusement	I've come to discover it only cures boredom....	... by dulling my senses. I am missing the actual amusement.
Inspiration	Maybe a creative idea... but used to feel the need to carry through on other less worthy ideas to prove I didn't just say it because I was drunk.	Too buzzed to have clarity of my true inspirational moments.
Awe	ZERO	Numbing the senses

<p>Love</p>	<p>I was conditioned that I needed to be a fun places...and that to have fun there had to be alcohol and that I would only find LOVE or potential fun people that I could fall in love with IF I was drinking. I met my husband on a blind date ...while I was drinking... and we both liked to drink and that was truly something we had in common at the beginning of our relationship. I am not sure I could have fallen in love with someone who didn't drink. Or at least I can admit that I was not looking for that... My World was a drinking world and my family drank, so that is the world in which I fell in love.</p>	<p>Alcohol takes away love when I am Not present for my loved ones. Too drunk to say good night or remember saying goodnight. Too dull to know they need me. Too out of it to catch a hint.</p> <p>Alcohol dulls my senses. Which means it dulls my ability to receive emotions.</p> <p>I WANT to have 100% emotional experiences. I am trying NOT to regret that I was not 100% sober at my Dad's Last Rites. It was magical as it was...but being 100% present could have been different.</p>
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