**Effects of Alcohol on Relationships**

***“Alcohol is a perfect solvent: it dissolves marriages, families and careers.”***

**Effects of alcohol on a relationship can be loss of respect for the other person, loss of trust which could lead to unnecessary conflicts and abusive behaviour. It could lead to a possible financial instability which could make the relationship out of control. Alcohol can also be a cause for serious health issues which can become dire circumstances for the whole family.**

When you blackout from drinking, it’s because of the effects that alcohol has on the hippocampus. You don’t forget anything, your brain doesn’t record new memories.

Which implies that the more alcohol a person consumes his or her ability to make new memories is impaired. That means the time a person could have spent living their lives with families and making new memories is spent in an abbreviated state.

However, one has to know how their behaviour is affecting them and the close ones to gain full perspective of the repercussions that follow.

**Effects of Alcohol in Marital relationships**

**“*All suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their own happiness and satisfaction.” -Buddha***

1. **Unnecessary conflicts**

Alcohol abuse can sometimes be the culprit for ending a relationship.

Abusing alcohol can impair a person’s ability to think and act rationally which can be challenging for the spouse or any other family member.

Rising misunderstandings due to irrational behaviour can lead to unnecessary conflicts neither person would want. This can be a strain on a relationship becoming the primary stressor for the other person.

If this strain is constant it could lead to more serious marital issues and finally Divorce.

1. **Abusive behaviour**

Sometimes alcohol can lead a person over an edge resulting in extreme violent behaviour and rash conduct.

Alcohol doesn’t have to be a prominent factor in domestic violence cases but it could add fuel to an already established pattern of abusive behaviour.

Abusive behaviour can also mean mistreating and taking advantage of the partner emotionally and physically. Emotional abuse in a relationship can cause serious psychological consequences for the spouse scarring them for life.

1. **Economic instability**

The other impact of alcohol abuse in a relationship is financial instability. Often spouses are dependent on the other spouse financially and abusing alcohol can make it harder for them to stick to a budget.

Alcohol abuse can lead to serious health problems which can be financially draining and add to more marital troubles and stress.

As a result, a person’s stability and that of the family can be radically shaken.

Moreover, sending the person to rehab can be useful but it has the added economic cost and can lead to increased economic instability.

1. **An impending sense of doom**

***“And she was made to appear crazy by the man who drove her there”***

When such behaviours are constant the perils in a relationship are sometimes unsurmountable. Spouses begin to question the reality of such situations and may believe that their relationship is doom to end.

This can be very difficult to cope and may lead to negative thoughts and negative home vibes which can make everyday life unbearable.

These thoughts can create feelings of mistrust and loss of compatibility towards the spouse. These circumstances can lead to loss of support, loneliness and depression.

As a result, the other spouse may find comfort and love with some other individual leading o infidelity in a marriage.

**Effects of Alcohol on Children**

1. **Psychological and Physical abuse**

In an abusive and unstable relationship children are significantly affected psychologically and emotionally.

Children can grow up to be confused based on the attitude portrayed by an alcoholic parent. Children may notice abrupt changes in the behaviour of a parent such as parent turning from happy to angry, rational to abusive, and may falsely believe that they are the cause of these mood swings.

Some children are physically abused by the abusive parent under the influence of alcohol. This can lead to psychological and emotional trauma which can make children prone to erratic behaviour.

1. **Emotional trauma**

Children who grow up in abused homes have greater likelihood of emotional troubles compared to children who grew up in sober homes. Their emotional trauma is equivalent to the children who grew up in war zone.

Children could be prone to risky behaviours, become aggressive, get sick, suffer depression and can also become suicidal. This can be easily treated by therapy provided the abusive parent takes enough responsibility for their actions.

When children are exposed to alcohol abuse earlier in their life they grow up to have some inclination towards alcohol abuse themselves.

I know all of this is really depressing to read, but trust me coming from a family of long line of alcohol abusers, I have lived it and God knows I could have used some therapy but I digress.

**Effects of Alcohol on Social life**

Alcohol abuse is not only difficult to tackle inside the house, but also outside in the presence of family, friends and colleagues. This can be quite embarrassing for the family and the individual themselves.

Alcoholics are seldom honourably invited to societal functions and gatherings and even if they are invited the hosts are on constant alert as though something is going to happen.

Behaving irrationally, abusing people in a wedding or family gatherings could be embarrassing to all parties involved resulting in loss of respect and status for the individual.

This becomes jarring especially if someone is abusing alcohol in front of their colleagues and bosses and behaving erratically. It could jeopardize their career and eventually lead to unemployment.

Ironically, this can further fuel the need to consume alcohol and ultimately ruin a person’s life.

**Effects of Alcohol on Health**

People drink for various reasons: to celebrate, socialise, to be courageous or confident and to drown our sorrows. We may drink to change our mood and forget our sorrows, feel more relaxed and to not have any care in the world.

However, the effect of alcohol is temporary and the symptoms of alcohol withdrawal can mess with our brain and physiological responses. Alcohol can feel like a coping mechanism but depending on alcohol can lead to serious issues as discussed earlier.

Let’s see what this alcohol does to an individual.

* Alcohol weakens the immune system
* Thins bones and depletes muscles
* Shrinks the brain within 30 seconds
* Insomnia and irregular sleep patterns
* Creates more stomach acid
* Causes diarrhoea and heartburn
* Can cause diabetes and damage pancreas
* Can lead to arrhythmia, which is irregular heartbeats (I can personally vouch for this as I sporadically suffer from chest pains)
* Changes hormonal balances

**CONCLUSION**

***“I understood myself only after I destroyed myself. And only in the process of fixing myself, did I really know who I was.”***

Alcohol consumption can be controlled it only requires the will of an individual and support of the family and friends.

People shouldn’t be embarrassed to ask for help and going to therapy or rehab facility. Exploring a world full of new possibilities where one is not relying on alcohol to get through the day.

One should live fully and cultivate meaningful relationships with others and themselves.