

Bottletop - Mind, body and Soul - 03

Bottletop asked groups of young people some questions about their views, experiences and habits of drinking alcohol. Called Mind, Body and Soul the following answers represent an honest account. Please note that we do not necessarily agree with all or any of these responses and you should make yourself aware of the legal, health, safety and social consequences of consuming alcohol.

Visit www.drinkaware.co.uk for more information.

Are you a girl or a boy?

Girl

How old are you?

18

What do you do?

Student & part-time job.

How healthy are you?

I am physically fine and well, mentally varied. I naturally suffer from mood swings, but I am generally upbeat.

Where is your 'head at'?

I naturally suffer from mood swings, but I am generally upbeat.

Are you happy?

I do not believe one person is 'happy'. People have complex emotions everyday and no one is permanently in one state. This question is similar to asking if one is 'sad' or 'angry'. Right at this moment I'm fairly happy.

What is your attitude to drinking alcohol?

I am accepting of the alcohol industry and enjoy social drinking. I don't often binge drink but I do occasionally. I know it's a bad thing to do and affects my body badly but like a lot of people I sometimes rebel.

If you drink alcohol how much do you drink?



Varies drastically. Depends on night.

What is your favourite tippie? (no trade names)

Vodka and energy drink.

When do you drink?

Depending on when I'm socialising. I rarely drink alone so usually evening – clubbing etc.

What makes you drink?

I feel much more socially confident, relaxed and involved if I drink.

Do you worry that your drinking habits may harm your body, mind or soul?

Yes. If I drink alot, the next day, I feel isolated, disconnected and often depressed. It changes my perspective and can make me very moody, as well as the usual physical sickness.

Give an example of when you had a good experience of drinking

Anytime I'm out with friends and no one goes overboard. Times when we're all together having fun. When you do crazy stuff you wouldn't normally do when sober like eating spoonfuls of marmite and dancing etc.

Give an example of when you had a bad experience of drinking

Anytime I'm out with friends and no one goes overboard. Times when we're all together having fun. When you do crazy stuff you wouldn't normally do when sober like eating spoonfuls of marmite and dancing etc.

What do others think about your drinking habits?

Anytime I'm out with friends and no one goes overboard. Times when we're all together having fun. When you do crazy stuff you wouldn't normally do when sober like eating spoonfuls of marmite and dancing etc.

Do you need to drink less, if so why?

Getting ill and genuinely fearing for my life. People around me getting violent and aggressive. Getting upset. Falling over. Hangover. Going to work with a hangover or still drunk.



