

Drinking Alcohol is Strange

You are essentially poisoning yourself slowly. I really don't get it! When you're in a social setting, wouldn't you rather be **coherent** and have a *real* conversation? I find that when people are drunk, they mostly just slur their speech, lose clarity, and honestly, have nothing interesting to say. They get into arguments, become overly emotional, and make a mess of what could've been an enjoyable time. Drinking becomes this *ritual of self-destruction* that we all sort of partake in unconsciously. Once you begin to recognize how bad it is for you, you want absolutely nothing to do with it.

Why Alcohol Just Doesn't Make Sense

There's this strange allure to alcohol, this idea that it's the ultimate way to "have fun." But let's think about it. *Does it really add value?* For me, the answer is a clear no. Here's why:

- **Clarity over Confusion:** I'd rather be clear-headed, fully present, and able to understand what's going on around me than fogged up in some alcohol-induced haze.
- **Real Connections:** Conversations become authentic and deeper without alcohol. When people are drunk, there's a tendency to slur, stumble, and spiral into random tangents that are honestly uninteresting or even chaotic.
- **Health and Well-being:** Alcohol is simply toxic to the body. The hangover, headache, and the poor sleep that follows a night of drinking isn't worth any fleeting sense of "fun."

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The Social Pressure of Drinking

We've normalized alcohol to a point where it almost feels like a necessity for social gatherings. Why is that? Why is there this idea that alcohol is a "must" for relaxation or fun? I'm here to say that it isn't! If anything, the best experiences come from being fully *aware*, without needing a single drink to enhance the moment.

If somebody offers you a drink, just say, "*Sorry, no thanks. It's against my religion.*" **Leave them confused and troll them!** Most people won't know how to respond, and it makes a good laugh while subtly making a point that alcohol doesn't have to be the automatic choice.

A Better Way to Enjoy Social Settings

I love to have fun, and I genuinely enjoy connecting with others. But the irony is that I find my greatest enjoyment when I'm *fully present*—no alcohol needed. It's strange to think that alcohol has become synonymous with a good time, especially when the consequences seem to outweigh the benefits.

In my experience, here's what makes social interactions better without alcohol:

1. **Greater Awareness:** I can focus on each person, actually listen, and contribute more to the conversation.
2. **Deeper Connections:** Being fully present means no slurred words, no getting overly emotional over minor things, and no pointless arguments.
3. **Genuine Fun:** The best memories come from clarity and real engagement, not fuzzy, regretful nights clouded by alcohol.

Alcohol and Health: More Harm Than Fun

Think about it—why is something that's literally toxic marketed as a "good time"? At the end of the night, all it leaves you with is a headache and disrupted sleep. How is this fun? If you look at it objectively, it becomes clear that alcohol is no real benefit at all.

When I experimented with even a single drink recently, it had a **drastic impact** on me the next day. My energy, clarity, and overall well-being were off. Being on a carnivore diet, keeping my health in *tip-top shape*, and only eating nutrient-dense foods, I felt the effects of that one beer like a shock. It's almost as if I had to *reset* the next day, as if that one small indulgence took me steps backward.

Substances and Strength

I'm not here to preach about the morality of drinking or other substances—people are free to make their own choices. But there's no denying that substances like alcohol and weed can weaken us. They lower testosterone, drain energy, and ultimately **detract from a powerful life**. I want to feel strong and clear-headed, and these substances just don't align with that goal.

“Just quit drinking, quit smoking, and quit all the substances if you want to be in tip-top shape.”

The Ultimate Flex: Clarity and Health

True enjoyment comes from real, authentic moments, not from fogging our minds. To stay at our best, we need to cut out distractions and focus on what fuels us. Health comes first, then art and creativity follow naturally.

At the end of the day, I'm striving for clarity, presence, and power. So next time someone offers you a drink, tell them, *“It's against my religion.”* Watch as they try to wrap their heads around it. Use it as a playful way to shift the conversation and to make a point that there's more to fun than just drinking.

In a world where clarity and presence are rare, I find being fully engaged to be the ultimate flex. Forget what's in the glass and focus on what's actually happening around you. True awareness is the best way to experience life.