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### How to Avoid Drinking

by Michael C. Sherrin  
 EDGE Style Contributor  
 Friday Dec 30, 2005

There are a million reasons to drink. Parties actually seem fun, people actually seem attractive and you forget about today's stock market crash. However, there are those rare occasions when all job interviews and big presentations don't explain why you can't overwork your liver until five in the morning. Every once in a while, you may need a creative excuse to avoid the peer pressure that helped cause your ulcer. Here are some ideas to keep away the condescending eyes while possibly even increasing your social standing.

#### Designated Driver

Always respectable, but can get you trapped if you are just trying to make a pit stop before going to the real party. Nevertheless, the odds are in your favor this won't lead to something embarrassing. People seem aware enough about responsible drinking.

"Oh, just one," the hostess says in her obnoxiously shrieking voice. "You'll be here for hours. It'll be fine."

Since you plan on ducking out within the hour, avoid the drink, and pile on this excuse.

#### I'm Already Smashed

Maybe it's an exaggeration, but who knows how much rum fell into your virgin rum and Coke? I mean, they keep the two close together...usually. If you can order/prepare your drink personally, get a cola or ginger ale and then call it alcohol. Of course, don't let anyone taste it.

#### Admit You Have a Problem

Certainly a controversial tactic, when the alcohol appears, admit your aversion to the substance. Saying you're an alcoholic (especially at a young age) instantly gives you mystique. People admire you're self-control, plus they want to know what happened to you. How far down did you go? Alcoholics have stories and they want yours. You don't actually have to say anything. Let the shedding bad boy image linger in the backdrop. Just make sure the group at the party doesn't know you very well, otherwise you may be stuck being sober at the office New Year's party.

You never know when the situation might arise. A time will come when you want an easy out from drinking and hopefully, when that time comes, you can remember these tools and be safe and at least pretend to be happy...until you can have your next drink.

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