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Drinking to Distraction

Jenna Hollenstein

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Drinking to Distraction Jenna Hollenstein
She never drove or worked drunk, never injured herself or someone else, never woke up next to a strange man, was fired, went bankrupt, or became homeless because of her drinking. But for years Jenna Hollenstein worried that she was using alcohol for the wrong reasons. Though it didn't cause her to spiral out of control, drinking seemed to be detracting from her life in subtler ways: missed opportunities, unaddressed fears, challenges not taken, relationships not cherished, and creativity unexplored. Rather than a series of dramatic events often associated with alcoholism, her decision to stop drinking was based on years of introspection, pros and cons lists, and conversations with friends, family, and a wise therapist. Though she never "hit bottom," Hollenstein eventually realized that drinking was not enhancing her life: it was distracting her from it.

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