

# Alcohol and Violence



## Why is alcohol linked to many instances of family violence?

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Alcohol does not cause violence. However, alcohol is often a factor in violent acts among the general American population, as well as within our USAG Ansbach community. Often in cases of family violence (spousal and child abuse), sexual assault, physical assault, and suicides, it is determined that individuals have high blood-alcohol-content levels. In many alcohol-related crimes, both the person committing the crime and the victim had been drinking. You may ask yourself why alcohol is linked to these violent acts. The answer lies in the influence

alcohol has on the human brain.

Alcohol is a powerful substance which causes detectable impairment on brain functioning. This impairment may lead to defective thinking, lack of control, slow reaction-time, increased aggression, feelings of depression, and erratic behavior. When large amounts of alcohol are consumed, normally logical individuals are likely to ignore their own common sense and values. It also becomes more difficult to maintain self control, as an



*Excessive amounts of alcohol may amplify pent up aggressions and depression, putting additional strain on troubled relationships.*

intoxicated person may misread emotions within themselves and others. A combination of these symptoms creates toxic thinking, leading to violent behaviors.

### Special points of interest:

- Reasons for link between alcohol and family violence.
- Importance of receiving help for alcohol-related aggression.
- Where to receive help!

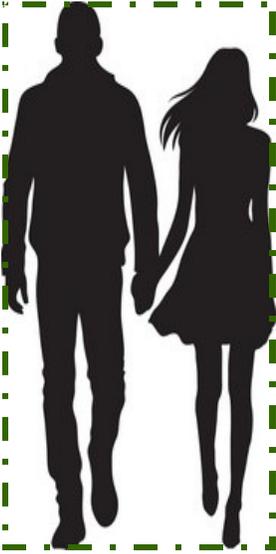
## What is the best way to deal with issues in my relationship?



It is normal for everyone to encounter different forms of stress in their daily lives. How each individual chooses to deal with these stressors may determine the difference between a positive outcome and a negative

consequence. To increase the likelihood of a healthy outcome to one's problem, it is vital to deal with the problem while sober and thinking clearly.

## *What shall I do if I am a victim?*



*Receiving help for alcohol and/or aggression issues may drastically improve the quality of your relationships.*

If you are a victim of violence it is important to remember that you are not to blame. Individuals who have a problem with alcohol and violence within their family may come to believe that it is a normal part of family functioning. Violence in the family is not normal and should not be accepted.

Attempting to protect yourself or someone you know from the truth about their issues with alcohol and violence only reinforces the continuance of the behaviors. Admitting that there is a problem with alcohol and

violence is the first step towards solving it.

Having the courage to seek help for you and/ or your family may be the most important and beneficial decision you make in your life.

Receiving professional assistance may help to get your family-life on a healthy track and reduce the likelihood preventable negative experiences.

If you or someone you know is affected by alcohol and violence there is help.

**USAG Ansbach Army Substance Abuse Program:**

**DSN:** 467-1710

**Comm.:** 09802-83-1710.

**Family Advocacy Program:**

**DSN:** 467-7777

**Comm:** 09802-83-7777

**Domestic Violence 24/7**

**Hotline:** 0160-661-5638

### *The Army Substance Abuse Program's Mission:*

*“Strengthen the overall fitness and effectiveness of the Army's total workforce,  
and enhance the combat readiness of Soldiers.”*

*We at USAG Ansbach ASAP are dedicated to providing exceptional service to Soldiers, Family Members, and Civilian employees of our community.*



***Compassion. Service. Trust.***

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