

# the RED CUP

Q&A



separating alcohol fact from fiction  
EVERY TUESDAY IN THE DAILY WILDCAT

**Q** Are you more who you truly are when you are sober (uptight) or when you are drunk (loose)?

**A.** You just blew our minds. Awesome question!

Are your drunken words and actions revealing sober truths? On a deeper level, we imagine what you are asking is, are you more your “authentic” self when you are sober or does being inebriated and “loose” actually reveal your true nature and what you really think? This question, “what is real,” has forever boggled philosophers, poets, and college students.

So, let’s get philosophical and start with the following assumptions, definitions, and logic path:

To know what is “real,” we have to be conscious of ourselves and our surroundings in a specific time frame (the present or the “now”). Consciousness is information and ultimately an awareness of awareness of self and environment in time. All time is comprised in the “now.” And, only conscious experience in the “Now” is real. Whew!

Adding alcohol to your body alters your consciousness. Any altered consciousness is just that, it’s altered and ultimately alters your “authentic” self. For example, when inebriated, you may do and say things you might not normally do when sober, like telling your roommate how hideous their favorite outfit really is or sending an embarrassing drunk-text. However, this makes you no less responsible for your actions. “The alcohol made me do it,” is not a reason for forgiveness.

When we drink, there is neurological and psychological regression. The higher the alcohol level, the more crude and hostile impulses may become. (Lookin’ at you, Mel Gibson!) This is due to a compromised ability of the brain’s neocortex to rein in those primitive instincts and compulsions.

So, what do you want “real” to look like for you?

Next time, attend a party sober and see what “real” looks like in others who are drinking. “Real,” often looks a lot like sloppy behaviors, drama, and poor decisions which could lead to regret and potentially harmful situations. Do you really want to be “that girl or guy” who embarrasses themselves or do you want to be the one conscious and in control of what’s “Real?”

Can you dig it?!



wildfact

UA President Babcock officially condoned pillow fighting in 1907; previously pillow fights led to some arrests. ([www.125.arizona.edu/funfacts](http://www.125.arizona.edu/funfacts))



Got a question about alcohol?

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)

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