

ONE DAY AT A TIME

POSITIVELY NEGATIVE

WE DRANK FOR JOY AND BECAME MISERABLE
WE DRANK FOR SOCIABILITY AND BECAME ARGUMENTATIVE
WE DRANK FOR SOPHISTICATION AND BECAME OBNOXIOUS.
WE DRANK FOR FRIENDSHIP AND BECAME ENEMIES.
WE DRANK TO HELP SLEEP AND WOKE UP EXHAUSTED.
WE DRANK FOR STRENGTH, AND IT MADE US WEAKER.
WE DRANK FOR EXHILARATION AND ENDED UP DEPRESSED
WE DRANK 4 MEDICAL REASONS & HAD HEALTH PROBLEMS
WE DRANK TO CALM DOWN AND ENDED UP WITH SHAKES
WE DRANK 2 GET MORE CONFIDENCE & BECAME AFRAID.
WE DRANK TO MAKE CONVERSATION FLOW MORE EASILY,
AND THE WORDS CAME OUT SLURRED AND INCOHERENT.
WE DRANK 2 DIMINISH OUR PROBLEMS & THEY MULTIPLY.
WE DRANK TO FEEL HEAVENLY
AND ENDED UP FEELING LIKE HELL