

Tim McGraw Credits Faith Hill for Helping Him Quit Alcohol



By Sanetra Richards

Tim McGraw hasn't had a drop of alcohol in seven years. According to UsMagazine.com, the country star revealed his battle with alcoholism in Men's Health July/August issue, pointing to his wife of 17 years, Faith Hill, as the person to get him back on track. "When your wife tells you it's gone too far, that's a big wake-up call," said McGraw. "That, and realizing you're gonna lose everything you have. Not monetarily, not career-wise, but family-wise," he added. "It got to the point where my kids were getting older, and it was way past the point that they noticed it. And I noticed that they noticed." Fortunately, the 47-year-old has been able to

turn it all around since, but also credits his mother, Elizabeth Ann D'Agostino, for speaking on it before he married Hill. "Early in my career – I think I was 19 – I was so shy that to even get up onstage in a club, I'd need a few drinks," McGraw shared. "I remember my mom tellin' me, 'Y'know, if you don't get up there a couple of times without doing that, it's gonna be a problem.'" "I drank too much," he continued. "I partied too much. And did other things too much. Chemically. No needles or that kind of stuff, but...use your imagination." Although McGraw is sober, he still reminds himself of what his life could have resulted in. "Keith Whitley taught me how demons can overtake you if you let 'em. And I was headed down that path," he said, referring to the late country singer (who died of alcohol poisoning). "You feel like you're supposed to be 'on' all the time. Then you drink and get onstage, and all of a sudden you feel confident and powerful. It becomes a habit. Up until seven years ago, there were not a lot of shows that I didn't have something in my system."

How do you approach helping an alcohol or substance abusive partner?

Cupid's Advice:

The mood swings, breakdowns, depression episodes ... you deal with it all when you are involved with an alcohol abuser. At times you may even feel helpless. Every road you attempt to take is always a dead end. Cupid has some tips to (possibly) successfully help your partner along the way:

1. Realization: The sooner you realize you cannot change your partner, the better. Although it is beyond difficult watching them result to substance(s) as a coping mechanism, you have to allow them to want to change on their own. A motivation and desire must come from within before this step is taken. Typically, when an individual is addicted to drugs or alcohol, they are quite hesitant and stubborn about giving it up. With

that being said, it will take time. As long as you have patience and continue to encourage treatment, the time will come.

Related: [Tim McGraw and Faith Hill Deny Divorce Rumors](#)

2. Pay attention to yourself: Do not ever put yourself in harm's way. If your partner is reacting violently to your advice or to anything you say/do, it is best to leave. Never jeopardize your safety just because you think guilt may come along. Another way to ensure you are taking full care of yourself is to confirm you are stable enough to be attentive to an alcohol abuser. Can you mentally, physically, and emotionally handle it? These are a few questions to keep in mind.

Related: [How to Help Your Partner Through A Crisis](#)

3. Be informed: If you choose to remain by their side during this tough time, know exactly what all you could be facing. Take the time out to research on what the addiction entails. If your partner has agreed to sobering up, do not be opposed to attending AA meetings with him or her. Not only will you learn more about the disease, but you will also be their support system throughout the journey.

What are some ways to approach a substance abusive partner? Share your thoughts below.