

Addictions  
by  
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WARNING: This monologue features mentions of chocolate, caffeine, going to the gym, my hurt knees, pizza, the London Comedy Writers meeting, general selfishness, lockdown, milkshakes AND pointing out the fact I'm repeating myself. However, look past those slightly-recurring themes and I'm sure you will be inspired. I promise to try harder next time. Let's gooooo...

Is addiction to gambling good? No. Is addiction to alcohol good? Again, no. BUT are SOME addictions good? What about addiction to working out? That's pretty good. (Unless you hurt your knees). And you know what the great thing is? Apparently addictive personalities often find another kind of addiction when they quit their first one. Call me an optimist, but what if there was a way to get alcoholics to go clean and then go crazy at the gym? Sounds reasonable to me. Furthermore, there are no temptations in such places. As far as I'm aware, no gyms serve beer. I'm guessing because they cause dehydration and further aggression. If you can imagine such a thing.

A perfect idea. However, obviously we can't shut pubs down; the London Comedy Writers meeting I go to every fortnight is above a pub. Apparently lots of other people want pubs to stay open too, often for benign social reasons and not just to fight and call each other 'slags'. Or is that just Eastenders? To be honest I wouldn't know as I haven't seen the program in many years, but I'm sure 'you slag' is a catchphrase. Not an amazing catchphrase but it is less offensive than my 'if there's caffeine in this drink I'll (expletive) kill you.' But maybe pubs closing would hurt me more than anyone else. I REALLY like going to the LCW meeting. In part because I treat myself to high end chocolates from the nearby Hotel Chocolat at the same time. (And no I don't think chocoholism is TOO serious, as I'll explain later. Interestingly, not just because I'm affected by it). Also, we can't stop selling alcohol as I like the beverages. It's a lesser issue but again, apparently other people do as well, often for perfectly harmless and responsible reasons.

So basically, what we need to come up with is a magical solution that doesn't effect me at all. You'd think that would be easy as there are billions of people in the world willing to help me (and a few astronauts, too), but this is my monologue isn't it? I'll have to go it alone. MAYBE to stop alcoholism... Ok, I haven't been able to think of anything at all to stop it. Nothing that isn't ridiculous, anyway. I thought of showing a large mirror to the afflicted, then a short film of ballerinas to promote thoughts of jealousy and inspiration but not even I took that seriously.

As hinted at earlier, here's why mild chocoholism and indeed pizzaholism isn't too bad: It gives you something to look forward to. Do you know how often I think about pizza? Every day. I'm serious, every day and many times a day, too. It keeps me going.

If I had pizza issues alone it would be a problem, but luckily people like me have more than one addiction - in this case gym addiction so I burn the calories off. Don't you see what I'm saying? People like me are LUCKY. And you could be lucky too if you don't go OTT. You just have to remember what to cut out of your life and what to add. Turn up to a gym drunk and you run the risk of injury (from the equipment or people angered by you), getting arrested for drunk driving, causing a scene and all sorts. That would be bad, but again that wouldn't happen as you should be able to ditch drinks without issue. To conclude, cut the alcohol and replace it with gym. Oh yes, and drink milkshakes. A perfectly reasonable monologue. Bye!