

STOP OVER DRINKING &
LEARNING TO KNOW YOU

DAY 4

WEEKDAYS WITHOUT WINE

YOUR QUICK GUIDE TO MANAGING
YOUR DESIRE TO DRINK

STEPHANIE COLSON COACHING

Make a Drink Plan

Why is making a plan so important to stop over drinking?

In order to reinforce the new neural pathways that you are developing to stop the habit of over drinking and over desire you must put your prefrontal cortex in charge.

Planning is deliberate.

You can do your drink plan anywhere from **24 hours to a week in advance**.

The only thing that you have to comply with is to NOT drink off of your plan.

If you drink following an urge, you are ultimately reinforcing the habit of drinking. You are still teaching your brain that all it needs to do is ask and beg enough times to get what it wants.

Using your prefrontal cortex is the answer. Your prefrontal cortex is making deliberate decisions.

You will be drinking from purpose and not a reactionary thought.

You can plan to drink any amount. The success of this exercise is that you are drinking with an intended decision.

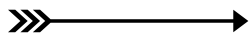
You can plan to not drink. By planning not to drink and following through (letting an urge go unanswered), you are reinforcing the new neural pathway to unlearn your desire for alcohol.

You can plan to have five drinks at Friday's Happy Hour with your girlfriends. It's up to you and your decisions ahead of time.

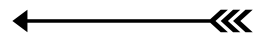
Slowly over time and completing this worksheet you will see how your desire begins to lesson. You are becoming aware of what triggers your thoughts and your urges. (If you drink more than what you planned for you should revisit Day 3 worksheet of ***Write it Down and Move On***).

You've Got This!

Drink Plan



Must be completed 24 hours in advance.



1 Date of planned drinking:

2 What will I drink:

3 How much will I drink:

4 Why I have decided to drink:

5 How I will feel before drinking:

Drink Plan

6 How I will feel while drinking:

7 How I will feel after drinking:
