

STOP OVER DRINKING &  
LEARNING TO KNOW YOU

DAY 3

# WEEKDAYS WITHOUT WINE

YOUR QUICK GUIDE TO MANAGING  
YOUR DESIRE TO DRINK

STEPHANIE COLSON COACHING

# Write it Down & Move On

Negative chatter is never going to change your behavior for the good.

Our brains are designed to search for the negative. It's what kept us safe when we were in harms way when we were "cave" people. We needed to look for danger at all time so we wouldn't die. This is still important today for our survival, but not necessary at the same level because there is far less danger. We have evolved and we have shelter, food at the ready and we are not exposed to the elements as we used to be. Our brains tend toward the negativity even when things are not life threatening.

We need to tap into our prefrontal cortex to decipher between what is a real threat and what is just negative chatter.

We, as over drinkers, already have a long list of negative thoughts about our over drinking. We've spent years creating those thoughts. The last thing we need is to compound those thoughts with more negative thoughts and judgement.

You'll just beat yourself down.

A negative thought is going to search for a feeling of relief to feel better and that, for us, will be the desire to pour a drink because we have a thought that life is rough and we need an escape. This line of thinking will only perpetuate the habit.

Everybody is avoiding negative emotions.

We do need to recognize that life's emotions are 50-50.

We need to have negative emotions so we know what a positive emotion is. The goal is not to be happy all of the time. It's just not reality. But we do need to know how to cope with the negative emotions without escaping with a man made highly concentrated substance. You are going to learn how to be ok with an uncomfortable feeling, **AND** you won't die when is bubbles up for you!

# Write it Down & Move On

We are going to do something different.

There's a difference between judgement and assessment.

You are going to assess what happens when you give into an urge.

You are going to be a detective.

You are going to listen without judgement.

Then, you are going to learn new thoughts to create to make the new neural pathway to not desire alcohol.

You will be craving being healthy instead of craving a drink.

I cannot emphasize enough the importance of doing these exercises with a pen to write down your answers.

Writing it out creates space in your mind to be able to examine your thoughts.

Don't just think your way through the answers.

WRITE IT OUT.

# Write it Down & Move On

1 What and how much did I drink that wasn't planned?

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2 What was the circumstance that triggered it?

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3 What was the thought that caused the desire or urge?

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4 Did I try to resist or did I just react?

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# Write it Down & Move On

5 Did I try to allow the urge? What worked and what didn't?

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6 What did I learn?

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7 What will I do next time?

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