

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:

Weekdays Without Wine

Stephanie Colson Coaching

Drink Plan

6 How I will feel while drinking:

7 How I will feel after drinking:

Weekdays Without Wine

Stephanie Colson Coaching

Make a Plan



ABOUT ME



For as long as I can remember I relied on drinking to take my fun to the next level. The reality is that drinking had taken me down a few levels and at times to a dark level. I have learned remarkable tools that have given me profound changes in my life. I only wished I had learned these skills decades ago. That is why I want to share them with you now so you don't have to live in the rut of depression and indecision about what to do about your drinking. So whether you want to cut back or stop completely, I'm here to share the journey with you.

THERE IS NOTHING WRONG WITH YOU

The best news I learned is that my brain and my desires are working as they were designed to as a human and that there was nothing wrong with me. I had just trained my brain to give into my desires and I was living my days in a rinse and repeat cycle that was exhausting me. Your unique thoughts can be changed to change your over drinking habit. You don't have to have negative thoughts about taking a break. You don't have to white knuckle it and use willpower. You will utilize your magnificent brain to make the changes that you desire. If you are ready to end the cycle of discomfort with your drinking, join me in a Discovery Call today. It's absolutely FREE. I'll teach you how to decrease your desire to drink and I'll show you in simple terms how you can gain back control and live your life without guilt or shame. It's like nothing else you have ever tried. No meetings with 12 steps. No feeling powerless. Just you and me (confidentially) breaking down your unique situation. You get to chose how your movie ends.

[SCHEDULE NOW](#)

Weekdays Without Wine
Stephanie Colson Coaching