STOP OVER DRINKING &
LEARNING TO KNOW YOU

DAY 1

WEEKDAYS WITHOUT WINE

YOUR QUICK GUIDE TO MANAGING
YOUR DESIRE TO DRINK

STEPHANIE COLSON COACHING

Learning to Know You

I'M STEPHANIE COLSON

We deserve a solution to stop over drinking that is stemmed from positive behaviors. Labels and proclaiming powerlessness is not the best way to begin this journey.

Saying "No" to a drink is one step.

The other step is to learn more about you and your desire for drinking and over drinking.

The best news I heard that changed EVERYTHING for me was:

There is nothing wrong with you.

The short and simple magic potion to stop over drinking is YOU! Nothing outside of you will do the work for you. I once heard someone say there's no one else who will do the push up's for you.

Just like I had to learn how to access what was deep inside of me and my thoughts, you will too with my help.

If I can do it, so can you!

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My approach is from positive thought work and positive exercises/tools that help you move forward and not get stuck in your story from your past.

I don't believe in an approach that says you're powerless and the first thing you must say out loud is that you are powerless.

I'm here to say that you and ONLY YOU hold all of your power.

The four steps that I'm going to teach you in this free guide are going to help you on the road to stop over drinking and recovery from the pain and shame that you've been living in.

When I began this same journey, I didn't know it was to be the journey to my success. I didn't think I was going to be successful.

But I was WRONG.

All I knew was that I couldn't quit.

I knew that I needed to find the wins, write them down and savor all that I accomplished every day.

I couldn't afford to focus on the losses I had in my past. I'd already been doing that and it was not working.

I want you to promise that you'll finish this free guide.

Once you learn these four steps, you can't unlearn it.

Here we go...

YOU'VE GOT THIS!

Learning to Know You

You have wanted to change your drinking for a long time. You want to get control without having to join a group or meetings. Saying you're **powerless** is ***NOT*** the term you'd like use to describe yourself. You know you have the power, you just need some help accessing it. You probably focus on all of the things you have done wrong and why can't you drink normally like everyone else?

Focusing on hangovers, racking your brain to remember certain conversations, or remembering a conversation and then cringing at what you said, is a vicious cycle that leads you no where. You think focusing on those things will inspire you to change your shameful habit, but it won't. I've been there too and it never worked for me.

The perplexing thing is that there is some upsides to drinking, or so we have trained our minds to think so. The advertising world hasn't helped either. We see images of people having fun with a drink in their hands. We want to be a part of that party, too.

You have told yourself it's too hard to say no. Everyone will question why you have stopped drinking. You don't think you can handle the pressure.

If you have ever contemplated taking a break you probably think you wouldn't know how to handle your urges and desire to not have a drink. You think that drinking is the only way to unwind or have fun.

If you focus on the negative you will focus on your future being negative as well. For example, you focus on doubt, fear, shame, or anxiety, you will end up with negative results.

In order to have change you must focus on a different set of thoughts that will propel you to take the right action. You want to create feelings such as determined, motivated, strong, capable, fearless.

This worksheet will help you look at your drinking in a way that will help you focus on the positive so you can see the costs and benefits that drinking is for you.

Remember, you are the star of your own life. This is your movie. You are the writer, director, producer and main character. How does the heroine live her life on the big screen?

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STEP ONE:

Set aside 30 minutes to do this exercise. Don't rush through this and be open to think about your drinking in a new way.

STEP TWO:

Fill out the columns to reflect your current drinking. You are trying to learn the costs and benefits to your drinking behavior now. No one is going to see your answers but you. Be honest with yourself. Shame loves to hide in the dark corners of our lives. Step into the light and open yourself up to insights about yourself that you have yet to let come to the surface.

STEP THREE:

Reflect and evaluate how you answered your questions. Take the time to go back and look at your answers. Ask yourself if you are being completely honest. Fill in where you didn't fully answer the questions. No judgements allowed here. It's just you and the worksheet.

The purpose of this worksheet it not to persuade you to change, but to give you a true assessment so you can stop dwelling on the negative and figure out what's right for you.

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CURRENT DRINKING HABITS

POSITIVE BENEFITS	NEGATIVE COSTS

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PUSHING THE PAUSE BUTTON ON YOUR DRINKING

POSITIVE BENEFITS	NEGATIVE COSTS

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REFLECT ON YOUR ANSWERS

WHAT IS ONE *BENEFIT* FOR PUSHING THE PAUSE BUTTON? WHY?

WHAT IS THE BIGGEST *COST* TO PUSHING THE PAUSE BUTTON? WHY?

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PLAY THE MOVIE UNTIL THE END

IF YOU CONTINUE TO DRINK THE WAY YOU ARE NOW, HOW WILL THE MOVIE END IN 5-10 YEARS FROM NOW?

IF YOU *PUSH THE PAUSE* BUTTON ON YOUR CURRENT DRINKING HABITS, HOW WILL THE MOVIE END IN 5-10 YEARS FROM NOW?

ON A SCALE OF 1-10 HOW STRONGLY DO YOU WANT TO MAKE A CHANGE? WHY DID YOU GIVE IT THAT RATING?

Learning to Know You

ABOUT ME

For longer than I care to admit, 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

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 ***Free Discovery Call*** today.

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 feeling powerless. Just you and me (confidentially) breaking down your unique situation. You get to chose how your movie ends.

SCHEDULE NOW

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Stephanie Colson Coaching