

Weekdays Without Wine

6 Simple Steps to:

Get Your Off Button Back & Cut Back Permanently
& NOT Over Drink Tonight



1

TAKE INVENTORY

What happened today? Question if your interpretation is appropriate or are you looking for an easy answer to solve for your discomfort. Do you really want to rely on something outside of yourself to help you cope with life's up's and down's?



2

WRITE DOWN YOUR THOUGHTS

Gain clarity and insight to the thoughts that you're creating around your urge to drink. There is so much information in your thoughts. Stop and listen don't let them run through your mind unmanaged and unmonitored.



3

TAKE A BREATH & STEP AWAY

Remove yourself from temptation. There is no shame in stepping away and taking a deep breath. When your brain is on hyper drive to get the reward of a drink you must pause and step away. If it's leaving the kitchen, or stepping in to the restroom at a restaurant - that's the first step to gain control.

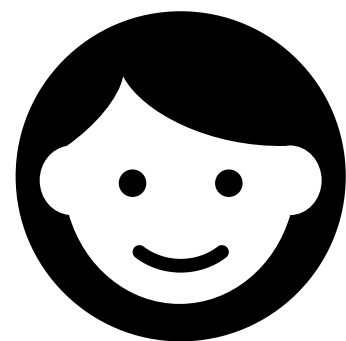


4

MAKE A CHOICE

When it comes to urges you can:

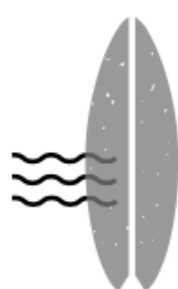
1. Give in and drink
2. Resist the urge (don't drink but increase your desire)
3. Allow the urge to be there (don't drink but pay attention to the thought creating the desire and the feeling of the urge; doing so reduces the desire over time.



5

ALLOW FOR DISCOMFORT

Although your mind is SCREAMING for relief and a drink, this is the time to practice KNOWING you are NOT going to die if you don't have a drink. Your brain is used to the reward and thinks it needs it for survival. That thought is FAR from the TRUTH.



6

RIDE IT OUT LIKE BODY SURFING A WAVE

What does the urge feel like? Where is it the most uncomfortable in your body? Feel it. Ride it out. Learn what the discomfort feels like. Don't be afraid. The more you ride it out the easier it gets. Just like riding a wave at the beach.