

**LIVE VIRTUAL WORKSHOP**

**PUT A CORK IN IT**

**&**

**DRINK LESS**

**with Stephanie Colson**





# Collecting 100 Urges

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# Beliefs Exercise

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1. What do you believe about yourself that you were taught as a child?

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2. What do you believe is possible in your life? Why do you believe this? (Take some time to be thorough here).

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3. Are there beliefs that you have developed as an adult that you didn't have as a child? Do these beliefs serve you?

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4. What do you believe about the purpose of your life?

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# Beliefs Exercise

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5. What do you believe about your body and your health?

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6. What do you believe about your spirituality and your purpose?

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7. What beliefs do you have that you find the most limiting?

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8. What do you believe about money? Your money?

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# Beliefs Exercise

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9. What do you believe about politics? How does it feel to believe it?

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10. What is one belief you want to work on changing?

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# *Believing New Things*

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1. Write down the new thought you want to believe.

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2. How does this thought feel when you think it today? Why?

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3. What is your brain saying? What are the conflicting sentences?

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# *Believing New Things*

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4. Answer each of these sentences with an alternative thought and massive action to counter it. Describe it here.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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# Commitment

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**If I told you that I would give you \$10 million if you stayed on your drinking protocol, then your decision would be easy. This gives you a tremendous amount of freedom. This gives you the ability to override willpower depletion. This work is as good as done when your reason for doing it is more compelling than the physical cravings and emotional desire.**

1. What is the reason you want to decrease your drinking?

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2. Do you believe this reason is compelling enough to keep you from EVER over drinking?

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3. Are you willing to give up alcohol as you know it to have the freedom from over drinking?

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4. Can you live without the escape and buffering that drinking provides? Why or Why not?

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# Commitment

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5. Are you willing to feel worse before you feel better?

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6. Will you continue even when results do not come quickly?

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7. Are you willing to embrace not being normal to refrain from drinking like most normal people? Why or why not?

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8. How do you imagine you can fulfill all this in commitment to yourself?

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# Decisions Ahead of Time

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**As you create decisions from a conscious and deliberate place, you will notice how powerful it is to make overall decisions about your drinking ahead of time.**

Here are some examples of some made ahead of time decisions. On the next page create a list of your own made ahead decisions. You may adopt some of mine or change and adapt them.

①

I will not drink alcohol unless I have planned to do so 24 hours ahead of time.

②

I will only drink according to my drink plan

③

I will drink the number of drinks that, ahead of time with my prefrontal cortex, I have decided to drink.

④

I will make my drink plan specific to make it simple and easy to follow when I am out

⑤

I will not beat myself up for any reason

⑥

I will rely on thoughtful planned decisions ahead of time rather than impulsive decisions or reactions in the moment.

⑦

I am willing to do consistently hard things for myself and my health.

⑧

My relationship with me and my health are deliberate, planned, and honored.

# Decisions Ahead of Time

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# Drink Plan

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**Must be completed 24 hours in advance.**

1. Date of planned drinking:

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2. What will I drink:

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3. How much will I drink:

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4. Why I have decided to drink:

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5. How I will feel before drinking:

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6. How I will feel while drinking:

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7. How I will feel after drinking:

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# *Now Feelings*

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1. What are you feeling now?

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2. Where is this feeling in your body?

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3. What color is this feeling?

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4. Is this feeling hard or soft?

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## *Now Feelings*

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5. Is this feeling fast or slow?

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6. How does this feeling make you want to react?

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7. Why are you feeling this?

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# *Self-Coaching Model Overview*

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Let's get a clear understanding of the Self-Coaching Model. This is a worksheet on how to use it best and an overview of some common mistakes. I will break down the elements for you and help you understand how you can use this understanding to solve problems. You will learn the basic steps to self-coaching, including how to do a thought download and Unintentional and Intentional Models.

**Instructions:** Answer the questions in this module in your diary. DO NOT skip writing out your answers.

Put pen to paper!

## *Model Overview*

The Model is the primary tool taught by The Life Coach School. We use it to reveal the casual relationships between one's thoughts, feelings, actions, and results. It doesn't solve or fix problems - it reveals them.

### *Circumstance:*

A neutral data point that has happened in the world; something about which everyone agrees. In the Self-Coaching Model, "circumstance" is abbreviated with the letter "C".

### *Thought:*

An optional sentence in one's mind about a circumstance; the cause of all feelings. In the Self-Coaching Model, "thought" is abbreviated with the letter "T".

### *Feeling:*

A one word description of a vibration in the body that is created by a thought and duels all action on inaction. In the Self-Coaching Model, "feeling" is abbreviated with the letter "F".

### *Action:*

Something one does that creates a result and is driven by a feeling; it can also be an inaction. In the Self-Coaching Model, "action" is abbreviated with the letter "A".

### *Result:*

The effect of our actions or inactions and always the evidence of our original thought. In the Self-Coaching Model, "result" is abbreviated with the letter "R".

## Common Mistakes

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1. Putting a thought in the C line. A circumstance is a fact that everyone would agree on. It doesn't have any adjectives that are ambiguous or any kind of judgement or description.
2. Putting a question in the T line.
3. Putting more than one thought in the T line. It's most useful to isolate one thought per model so that you can determine which thought creates which emotion.
4. Listing multiple or even conflicting feelings in the F line. Try to limit to one feeling.
5. Making the R line about some else. It should always be the result we create for ourselves.
6. Mixing models. In a model done properly, the result always proves the original thought. Often mixing models happens when you have a new thought and don't realize it.

### Example:

In the example below you will notice that the T line doesn't match the R line. The R should be: ten items are *not* done.

C: To do list has ten items

T: I'll never get this all done

F: Overwhelmed

A: Get to work quickly and stay on task

R: All ten items are done!

The R should be: ten items are *not* done.

## *Circumstances are Neutral (C)*

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Circumstances are neutral data points that have happened in the world; something about which everyone agrees. There are no adjectives or judgements.

### *Examples of C's:*

- The sky is blue
- There is carpet on this floor
- I have a son
- She said, "I don't have time"
- I weigh 165 lbs.
- I have a boss

Which of the following do you think are circumstances? Put a "C" for circumstance and an "T" for thought.

- I am 50 years old.
- 9/11 was one of the worst days in recent American history.
- My son is failing math.
- I am too busy.
- My kids are mad at me.
- I am in debt.
- I'm underpaid for the work I do.
- I hate my job.
- My husband makes me mad.
- My sister is disrespectful.
- I don't have enough.
- I can't leave my job.
- I hate my body.
- I've had a hard life.
- She doesn't like me.
- I overeat.
- I overspend.
- I can't save.
- I don't exercise.
- I have so much to do.
- I want to lose 50 lbs.
- I am frustrated with myself.
- I can't stop over drinking.

## *Thoughts are Always the Problem (T)*

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Thoughts are sentences in our mind, things we think about the neutral circumstances (C line).

There are many ways to look at a circumstance, and when we have an opinion or choose a perspective, we are choosing thoughts.

Thoughts are not right or wrong; they just are. When we think a thought long enough, it becomes a belief.

For most of us, thoughts seem like circumstances, and we can struggle to tell the difference. This is why an important part of self coaching is learning to question everything we believe is a circumstance, to make sure it's not actually a thought.

And then we want to question our thoughts using the Model, which helps us reveal the results we are creating with those thoughts.

Once we understand the impact of a thought, we can determine whether it serves our desired result and whether we would like to keep it or replace it with a more useful thought.

As a rule, when we notice that we are experiencing something we would consider a "problem," we can always find the cause of that problem in the thought line.

Thoughts are also important because they create our emotions. And because emotions fuel actions and actions create results, we want to always remember that we are in the driver's seat because we can always choose our thoughts.

Our thoughts literally create our reality.

## *Why You Aren't Taking Action (F)*

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It is important for you to understand the reason you aren't taking action. You might be thinking it's because you haven't created the feeling needed to drive that action.

All actions are driven by feelings, and all feelings are created by our thoughts. It's common for people to expect feelings just to happen to them.

Motivation is a great example. People will say that they didn't exercise because they just weren't motivated, not knowing that motivation is something they create for themselves with their thoughts.

So, anytime we are not taking action, we must decide what feeling we need to feel to fuel the desired action and then choose a thought to think that will give us the feeling we're after.

THEN, we'll have what we need to fuel our desired action.

- What action would you like to take today?
- What feeling would you need to feel to fuel that action?
- What thought could you think to create that feeling for yourself?

Thoughts create feelings and feelings drive actions.

## *Massive Action (A)*

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Massive action is action we take and continue taking until we reach our goal. Massive action includes the process of anticipating obstacles and being willing to fail repeatedly and try again until the goal is reached.

Most people try, fail, stop, try something else, fail, and give up.

We test something once and then quit if it doesn't work out.

This is action, but not massive actions.

Massive action is when we keep our sights on the goal and we are willing to do anything to get there. We try different ways, we fail, and we continue tweaking our actions until we hit our desired result.

We are willing to feel uncomfortable and keep taking actions anyway.

Passive action is all of the things that are done in preparation for action. All of the studying, courses, masterminds, listening, practicing, and reading feel like action, but they keep us from reaching our goal.

They do not get us the results that we're after. Passive action has to do with consumption.

**Massive action has to do with creating.**

You will know whether you're taking massive or passive action based on the number of times you've fallen on your face!

When you are taking passive action, there is no risk involved. You are hiding, planning, and avoiding failure.

Massive action typically involves embarrassing moments in front of a large audience. You will fail where everyone can see you, which I highly encourage!

- Where in your life do you think you are taking passive action or consuming instead of taking massive action?
- In what way do you imagine massive action would be more useful to you than passive action?
- What is an example of a massive action that you could take toward one of your current goals?

## *You Can Put Anything You Want in Your Rline (R)*

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Any dream you have you can put in your R line. Whatever result you want, whether or not you currently believe it can be accomplished, can go in the R line.

There are no exceptions. The only reason you don't currently have the result you want in your life is because you don't yet believe the thought required to create that result.

### *How to do a Thought Download:*

A thought download (TD) is simply writing all the thoughts you are thinking on a peice of paper without judging, editing, or censoring them.

TD's help us create awareness of the thoughts we are thinking. Just like a fish is unaware of the water in which it swims, we are often unaware of the thoughts we are thinking.

A regular practice of downloading your thoughts onto paper helps you begin to see why you are getting the results in life that you are getting and it increases your awareness of the optional thought that are causing these results.

A TD doesn't need to take more than five to ten minutes and can be done any time of the day. I do mine throughout the day but the longest amount of time I dedicate to it is first thing in the morning.

I recommend you establish a regular habit of doing it once a day at a time that is most convenient for you.

Ther is no right or wrong way to do it. If you don't know what to write, you can write, "I don't know what to write."

Start writing and don't stop until you fill a page.

TD's should be bullet points not full stories.

# *Steps to Self-Coaching*

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1. Complete a thought download: as explained above

2. Unintentional Model:

Pick a thought- any thought will do. Put it in the T line. Now, when you think that thought, what emotion do you feel?

This must be a one word feeling. Put the feeling in the F line.

When you feel that feeling, what action or in action do you take?

Put that in the A line.

When you do the action or inaction, what result do you create for yourself?

Put that in the R line.

Always go back and check the validity of your model by validating that the R line proves the original thought.

3. Intentional Model:

Start a new model with the same C:

Next, moving to the bottom of the Model, but keeping the letters in the same order, write down your desired result in the R line.

Working up the Model, list the actions you would need to take to create the result.

Continuing up the Model, list the feeling you would need to drive the actions that support the result.

And finally, list the thought you would have to believe to create that feeling.

Chances are you don't currently believe the new thought from your Intentional Model, and that's completely normal. But now you understand WHY you are getting your current results and WHAT you need to believe to get the results you desire.

# Unintentional Model

(WHERE YOU ARE)

**C**

**T**

**F**

**A**

**R**



OBSTACLES &  
STRATEGIES



# Intentional Model

(WHERE YOU'RE GOING)

**C**

**T**

**F**

**A**

**R**









# Thoughts to Think

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*Here are some suggestions on thoughts that have helped me.*

- You are guided.
- Everything is as it should be.
- Everything happens for you.
- It was meant to happen the way it did.
- You are exactly as you should be.
- Everything happens right on time.
- The universe doesn't make mistakes.
- You are not your mind, you are the Watcher of your mind.
- Love is always an option.
- Unconditional love is something I do for myself.
- I am responsible for everything I think and feel.
- No one can cause an emotion inside me.
- People are allowed to behave the way they want; we are allowed to react the way we want.
- It's not what we do, it's who we are.
- There is nothing you can do that wouldn't be worthy of forgiveness.
- There is nothing wrong with you.
- You are enough.
- Nothing has gone wrong here.
- We are here to get to the work of ourselves.
- Your purpose is the life you are living now.
- You are deeply loved.
- The world longs for what you have to offer.
- There is nothing you truly want, that you can't have.
- Hard work feels amazing.
- We can do hard things.
- Familiarity is not the same thing as comfort.
- Suffering is sometimes familiar, but it's not necessary.
- Worry serves no purpose.
- Money is easy.
- There's plenty of time.
- You could do twice as much.
- Everything you do is a choice.
- Your past is perfect.
- There is nothing they can do to make you happy - that's your job.
- What you do doesn't make you happy, what you think does.
- You don't have fun- you are fun.
- What you look for, you will find.
- What others think of me is about them, not me (good and bad).
- Trying to get someone to love you to feel love, is like trying to get someone to eat for you to feel full.

# Urge Worksheet

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We respond to our desire to drink by our conditioned urges most of the time. We feel an urge and it feels "urgent". We respond to this urge by over drinking. This over drinking gives us an immediate reward and perpetuates this "thought error" cycle.

1. What exactly does an urge feel like when it first appears?

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2. What does it feel like when you try to resist it?

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3. Why does it feel like when you react and "obey" it?

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4. What does it feel like when you don't react or resist, but allow it?  
Describe in detail.

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# Urge Worksheet

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5. If an urge is caused by a thought error, what is your most common thought error that is causing over drinking?

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6. If you allowed an urge, what would it be like for you? How would your thoughts and feelings change? How would your actions and results change?

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7. What skill do you need to develop to feel an urge instead of having a drink? Describe it.

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8. How would this skill help you in other areas of your life?

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## *Write it Down & Move On*

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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*

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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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# Your Drinking Belief System

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**By doing this worksheet, you will understand what drinking less means to you. Do your answers seem logical or do you have some illogical thoughts here?**

1. What would happen if I snapped fingers and you suddenly did not desire alcohol right now? Write down all the feelings you have.

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2. Is it really the alcohol you want or the feelings you believe the alcohol will bring (or feelings the alcohol will diffuse)?

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3. Why or why not?

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4. If you did not desire alcohol, what would you be thinking?

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5. What are you thinking now?

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6. What feelings are your current thoughts creating?

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# **D.I.Y. Weekdays Without Wine Bootcamp**

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**Drink Less  
&  
Live Your Best Life!**

**[www.weekdayswithoutwine.com/enroll](http://www.weekdayswithoutwine.com/enroll)**