

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!

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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.

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

2 What was the circumstance that triggered it?

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

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

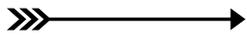
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5 Did I try to allow the urge? What worked and what didn't?

6 What did I learn?

7 What will I do next time?

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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.

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