



Your Six Steps To A Life-Changing Break From Booze

Step 1: Pick a goal

Fully commit to taking a complete break from alcohol. No ifs, no buts, no "maybe I'll just have one..." I know you're sober curious because you're here, reading this. You owe it to yourself to see what alcohol-free living is *really* all about!

A break is much less scary than quitting 'forever'. And it's easier than taking things one day at a time (which forces you to keep questioning the decision). Commit to putting some decent space between you and your last drink. Go all out and give this 100%, safe in the knowledge that you'll be able to review how you feel once you hit your goal.

So, how long will your break be?

Step 2: Get clear on your why

Make a list of all the reasons why you want to stop drinking. Why are you fed up with things at the moment? Write it all down so you can see it in black and white. Your reasons for doing this don't need to be noble. Some of them will feel deep and meaningful... and some of them just won't. That's fine.

Write some of your reasons here.

Step 3: Start building a sober toolbox

A tool is anything you use as a coping mechanism, to change or relieve the way you feel. We all experience ups and downs in life. Sober tools help you deal with emotions that you've drunk through in the past.

What tools spring to mind? Make a note of some of the things you'd like to try first. Watch Episode 14 to hear some toolbox ideas. Remember, there's no right or wrong here, you're just experimenting!

Your notes

Step 4: Educate yourself about alcohol

We live in a boozy world that tends to give alcohol credit for things it doesn't actually do. For example, alcohol is often marketed as a stress reliever, but in Lesson 2 we exposed this as a myth - alcohol actually makes stress worse.

Getting clear on the myths and illusions about alcohol will stop sobriety from being such a willpower battle. If you don't want to feel deprived, you need to do this work!

Here are some of the other myths I cover with my students - make sure you focus on these too:

"Alcohol makes me feel happy."

"Alcohol makes me more confident."

"Drinking helps me fit in."

"Alcohol helps me numb out."

Step 5: Address the original root causes

This is something to leave until you've got a bit of sober time under your belt. It's yet another reason for taking a proper break from booze - you'll definitely want to give yourself the opportunity to do this.

This step is where you start to ask, "What was it that was making me so miserable, I wanted to escape myself and numb out from my one and only life? Is there something I need to change?"

What are the issues you drink over most? Common root causes are: boredom, loneliness, overwhelm, stress, lack of connection, tiredness, not feeling seen, not feeling good enough.

Step 6: Establish a support network

You can stop drinking on your own - it is possible. However, addiction and shame tend to thrive in isolation. It's a lot easier (and way more fun) to quit with the support of a community behind you. Make sure you have people to turn to when you need it. People who can cheer you on, celebrate your wins and help you troubleshoot the tricky spots.



I hope this Take A Break From Booze Masterclass has opened your eyes to a new way of thinking about sobriety.

Deciding to go alcohol-free is one of THE best things I've ever done... and I've got a sneaky feeling you're going to absolutely love this lifestyle too.

Let's make 2024 the year you change your relationship with alcohol for good.

I'm about to open up a new session of my Getting Unstuck coaching programme.

It's a six-week online course, designed to guide you through everything you need to do in early sobriety, step-by-step. It will take what you've learnt here to a completely new level.

Keep an eye on your email over the next few days - I'll be sending you some information about the class and how it works.

Registration will only be open for a short time before the course begins on Monday 16th September.

Kate
x