

CATHY
MARTIN
COACHING



REACH YOUR POTENTIAL

**Change your
Relationship with
Alcohol Support
Workbook**

Name

Congratulations!

Congratulations for taking the first step in changing your relationship with alcohol. This workbook could help you through your journey and enable reflection and learning.

Please note that this is not for those who may be alcohol dependent. If you feel you are dependent on alcohol, please speak to your GP.

Here are tools and resources that may be helpful:

Journaling: Journaling can help you gather your thoughts and enable reflection. There are lots of different ways to Journal. I ask myself three simple questions:

- What am I grateful for?
- What would make today amazing? Be Specific.
- Affirmation. Positive Affirmations are statements to provide encouragements and motivation. For example, I am not defined by my past, I am driven by my future.

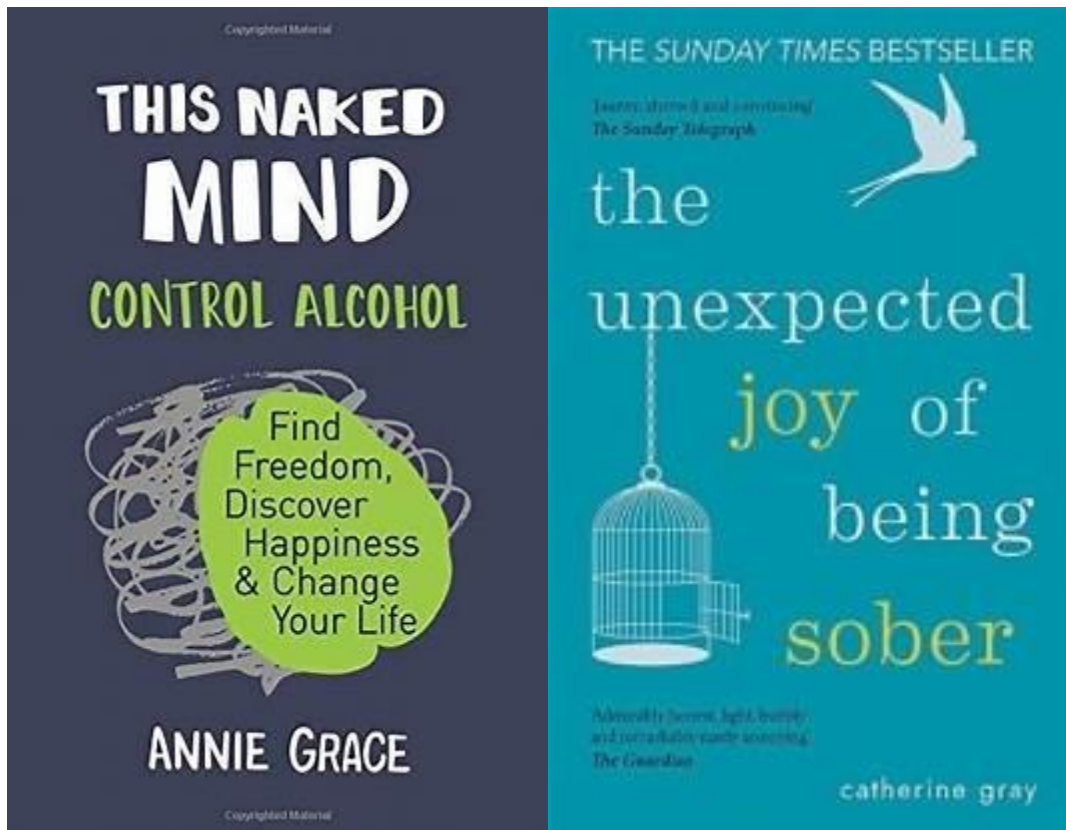
Dryy App – A community with lots of support and information



One Year No Beer

The screenshot shows the landing page for 'One Year No Beer'. At the top left is the logo 'OYNB | ONE YEAR NO BEER'. The main headline reads 'Change Your Relationship With Alcohol And Watch Your Whole World Change'. Below this are two buttons: 'See Our Success Stories' and 'Take The Challenge Now!'. A sub-headline states 'Discover why One Year No Beer is the leading with a 95% success rate*.' A notification box from 'Rory' says 'signed up to a challenge! 5 hours ago ProveSource Click Here >'. The background features a group of people hiking in a scenic landscape.

Quit Lit



[NHS - Better Health - Drink less](#)

WHAT'S YOUR STORY? Take a few minutes to note down all those reasons **why** you decided to take on this adventure and take a break from alcohol. Make your reasons bright, vivid and powerful. Feel the emotions as you write.

What are your tactics for taking a break from alcohol? How long do you want to take a break for? What will be the hardest points? What are your triggers? How are you going to manage them?

What has stopped you taking a break from alcohol before now?

These could be limiting beliefs, e.g. You believe that you can't socialise without drinking. What empowering beliefs can you create to overcome them? What can you change in your personal and professional life, so you focus more on your strengths?

Could others benefit? Who will benefit from you taking a break from alcohol? Why?

ADAPT YOUR SOCIAL LIFE How have your family and friends reacted to your you going alcohol-free? Who has been supportive? Which friendships have been challenged? What new friendships have formed since embarking on your break from alcohol?

Well Done you have completed your goal of taking a break from alcohol!

REFLECTION: List your 3 biggest takeaways from this experience. What was so significant for you about these learnings? What's changed for you in the last 28 days as a result.