GO SOBER
not just for
OCTOBER
GET THE BUZZ
THE SOBER CLUB
WITHOUT THE BOOZE

AM I READY TO DITCH THE BOOZE?

Focus on what you are gaining, and what you are 'adding in' - you really are not 'giving up' anything! Be your own psychiatrist and ask yourself some honest questions and write down the answers:

Why do you want to be free from booze? If you can bear it, recall one experience which you'd rather forget, perhaps you felt terrible the next day, perhaps it got messy with a friend or loved one, maybe you spent more money that you should have. Make it as descriptive as possible, no-one else needs to read it, but write it all down, warts and all.

Why don't I want to give up? What's stopping me from giving up? Is it the right time? You may think this is a trick question, being facetious, but in fact it's well known that whenever we have an issue in our lives there is usually some reverse psychology going on, strong deep-rooted beliefs that hold us back from achieving what we say we want.

How much are you drinking - or were drinking if you have recently stopped?

How do you view alcohol - do you see it as a reward... a treat?

Do you use alcohol to numb your feelings, if so what feelings in particular?

How do you usually feel after the first drink?

How do you feel after the third or fourth drink?

How does drinking change who you are? (does it make you feel more confident, more outgoing, more able to face the day?)

What's your social persona? Are you the life and soul of the party, the person who likes a drink, or more introverted?

What about when you are alone with your thoughts, what kind of person are you before you reach for that first glass?

Ask yourself a few general health and wellbeing questions:

Am I at my ideal weight right now?

Am I generally healthy, if not what are my main ailments?

Do I sleep well?

Am I anxious?

Where am I on the 'booze spectrum? We sometimes call it the booze elevator, we know you aren't at rock bottom, but you aren't at the top either (or you wouldn't be doing this) how far down are you, and how easy is it for you to step off?

Answer the next question using one word only yes or no:

Would my life be better physically and emotionally without alcohol?

(The answer is often a big fat YES, but it can feel too scary too do anything about it)

Once you have identified what it is you want, and why you want to do this, make a firm commitment, and tell someone! Tell me if you'd like to!

Put plenty of selfcare in place and get connected, by far the best way to be successful in behaviour change is to link up with likeminded people, especially they inspire you, and become your cheerleaders.

Join us in The Sober Club

THE SOBER CLUB

*For some of my best wisdom grab my book **Happy Healthy Sober** which I hope will inspire others to look at their relationship with alcohol and ditch the booze to live their best life. This book shares my story, gives a 30-day challenge which can work great for Sober October (you don't have to be at rock bottom to benefit from ditching the booze) and has a huge section on wellbeing, with some amazing expert contributors on topics such as nutrition, therapies, creativity, anxiety, the menopause, meditation, fitness, et al.*

*The foreword is by the wonderful Denise Welch who was one of **my podcast** guests and has been so open about how she got sober and the impact it had on her clinical depression.*