

3P MONTH 5 - PRINCIPLES

Your relationship and choices with alcohol

FYI some of what I share here might be useful for those who have a sugar habits / weakness / addiction 😊

- I'm still on a journey to become a consistent moderate drinker
- I have been the bottle a wine + a night girl
- I have been the binge drinker girl
- I actually love the feeling I get from being merry
- I actually love getting high – definitely sensation seeking
- Never used to drink in the week
- Had a very strong trigger in 2009/10 that led me to drink daily for a couple of years
- I have worked hard over the last few years to change my relationship with alcohol
- Go through phases of better focus, easy moderation and abstaining
- Still have weaknesses
- Can revert back to sod it mode and stress drinker
- But I am more of a moderate drinker than ever before
- Have taught myself a lot
- Have had some big breakthroughs
- I've learnt how to break habits
- To make better choices
- To try new things
- And I love it when I don't drink at all – feel so good physically and mentally
- Also as I used to be a sugar addict, I do wonder whether I could be totally sober
- Would love to see if I could learn to love life without it at all as I can without sugar happily
- And I love to see women who've broken habitual and emotional drinking and living a life without it happily
- I do have an addictive personality
- I also believe I have an addiction gene
- But know I've created some big triggers and anchors with certain things around alcohol
- Which I can break with more focus, motivation and challenging beliefs
- Exploring all these with a growth mindset
- Have self-compassion and no judgement on myself
- Really try not to overthink it!
- Absolutely work in progress
- And I use different strategies and techniques at various times when I feel like I'm going backwards to old patterns

- I also look for opportunities for inspired action – where making changes / improvements / getting in a different zone is effortless
- I have moved away from labeling myself as having a weakness
- I'm very conscious of language
- Aim to put my focus on the gains and wins of not drinking, rather than focusing on the drink
- Visualisation helps me massively
- I use positive, empowering visualisation
- And I also use scare tactics
- I also use methods Gill has taught me to change the way I see booze
- And I also know methods that work better for me
- Always up for new things
- Love to get inspiration – follow Annie Grace, sober people, moderate wine drinkers for subconscious impact and for interest / knowledge
- I also work deliberately on changing my beliefs with affirmations – life is great without wine, I love being social and not drinking, I feel empowered and wonderful when I abstain, I am sober curious and am on a fun journey, life can be amazing without drinking
- So this is me, my history and what I do 😊

So how do you explore your relationship with alcohol and what are your options if you want to lower it?

Programming

Really worth writing this down:

- What's your booze story growing up?
- What have you taught yourself in adult life
- How has the cultural shift of alcohol in this generation impacted you
- Are you aware of the successful woman / Juggling Mums marketing campaign with alcohol and how this tempts you?
- The subliminal messages you may not be aware of that you are picking up?

Married at first sight Australia – EVERY SINGLE date and dinner party, any social with family, ALL had alcohol in it.

Drinking beliefs

Beliefs are huge around alcohol

Things like:

- I need it
- I really love it and it's part of me
- I could never not drink
- I can't possibly be social without it



- I'm boring without it
- I deserve it
- I can never have optimum health if I drink 2-3 glasses of wine a day
- I can absolutely have optimum health if I drink 2-3 glasses of wine a day

- Beliefs are taught to us or we pick them up
- If you were born on a desert island with no alcohol and no advertising and no influence, you wouldn't have these beliefs
- All beliefs CAN be changed
- I have evidence because of the way I moved away from sugar
- Annie Grace is ALL about the beliefs and programming
- "REMOVE THE DESIRE" and everything changes

Spend time exploring your beliefs because when you work on reframing your beliefs, everything shifts and motivation to change can be much easier.

Beliefs self-coaching

Bring these to a Gill Q and A if you want some further help or support

- What are your beliefs around drinking generally?
- What are your beliefs around your own drinking habits?
- Where did they come from?
- Where are they still coming from?
- How do they help you?
- How do they hinder you?
- What are the sorts of thoughts you have around alcohol each day, week, month and year?
- Do you have "Booze domination" going on?
- What are the thoughts you have?
- When did these thoughts start?
- What do you know to be true about alcohol?
- What do you know to be true about you and your relationship alcohol?
- What evidence do you have that backs these beliefs / facts up?
- Are they actually true?
- Which of your alcohol beliefs would you like to change?
- What beliefs would you love to have about alcohol?

The main issues with alcohol outside moderation

(moderation for women is 7 small bottles of wine a week)

Physical

- Toxic to the body outside moderation
- Affects the brain function by killing brain cells and causing brain fog
- Now linked to most cancers, brain diseases, metabolic health issues
- Affects gut health, leaky gut, SIBO



- Affects sleep
- Big biochemical impact after 1.5-2 glasses
- Symptoms from drinking in excess are often delayed in showing up
- Dry skin, dry hair, causes aging and dullness!
- Calorific and empty calories
- Generally speaking you naturally increase your alcohol the more you drink and the longer you drink – very few people naturally decrease what they consume (because of the addictive side)
- More alcohol you have the more you tolerate, more the body gets used to
- It is highly, highly addictive

Mental / emotional

- Can cause anxious feelings, showing up in all sorts of ways including lack of confidence
- Can increase depression and feeling low
- Enhances feelings which can be a double edged sword
- Can also create brain fog, lack of clarity

Other things to consider

- Expensive but cheaper issue
- It's everywhere now – supermarkets, social media, petrol stations, soft play centres!
- More people are addicted than realise
- There are lots of alcohol feeders – people who encourage others to drink to make them feel better
- Pubs / bars want you to drink more, knowing that the more you drink the more you'll drink and eat (more profit)
- No smoking ban has meant people spend more time in pubs and drinking environments
- Unless you're pregnant or on medication, you have to justify if you're not in most scenarios

“Alcohol is the only drug we have to justify not taking”

What type of drinker are you and what sort of drinker do you want to be?

As I said I don't like to label myself as a certain type generally but it can be useful to consider what sort of drinker you are, to help you look at strategies to change the way you drink.

There must be NO shame about being addicted to alcohol.

The reason people can say I'm a workaholic and chocoholic and can't say alcoholic is the stigma, programming and belief systems we have about 'alcoholics'



And this in itself is a HUGE issue for people who drink too much, know deep down they do and don't have the right support or approach to help them drink less or move away from drinking all together.

1. Crappy habit drinker
2. Influenced drinker
3. Emotional drinker
4. Addiction drinker
5. A drinker lover
6. An expert drinker
7. A happy or sad drinker
8. A moderate drinker
9. A binge drinker
10. A secret drinker
11. A take it or leave it drinker
12. Sober curious drinker
13. A must manage drinker
14. A over-thinker drinker
15. I want to give up drinker

More great questions to ask are...

- What does drinking really give you?
- Does it really give you that or is that a belief you've created or a justification you've come up with (more on those further down)?
- What does drinking mask in you?
- What does drinking bring out in you?
- What does drinking diminish in you?
- Is there a secondary gain by staying where you are?
- Could you be sabotaging – low point 2 years ago where things were so tough for me, the not getting cancer and dying wasn't a motivator
- Think of a time in your life when you were drinking moderately or differently and without needing to manage alcohol...What was going on at that time, who were you around, what was your mindset or belief system about alcohol?
- What's different between then and now?
- We often put focus on "I must have more will power" but when we look at the differences, there are other things we can detect.
- E.G pre kids, I worked 3-4 evenings a week doing PT and was up doing bootcamps – hardly ever drank in the week. But I used to drink a lot on Saturday lunch time to Sunday evening
- When I lived with someone year before last who hardly drank and my evenings were filled with company and conversation, I'd have a glass of red a few night's a week but wasn't stressed at all
- Went on holiday with my Mum the year before last and it was very difficult and stressful and I drank every day and reverted back!

Drinking influences

People, social media, marketing, your environment, other things going on in your life, triggers (positive and negative) etc. – they can all influence the amount and way you drink.

You need to be aware of these so you can do more or less of them if you want to change how you drink and the amount you drink.

Who or what positively impacts your drinking levels?

Who or what negatively impacts your drinking levels?

Justifications

These are what you say to yourself as the reasons you do something, can't do something, can't change etc.

- WHEN mindset - WHEN my kids go to school or sleep better I will drink less / WHEN I've finished this work project I'll change
- I WILL mindset – I WILL stop drinking on Monday / I WILL not drink in the week from next week
- I CAN mindset – I CAN do a month without drinking so therefore I know I'm not addicted

Justifications can be beliefs but can also be defensive responses AND what you use to tell yourself the opposite of what's really going on 😊

How to change the way you drink

- Change beliefs
- Replace habits
- Personal motivational methods to drink less
- Determination and hard work to change
- Not struggling alone
- Habit breaking techniques
- Emotional drinking switch ups
- Temptation and pressure drinking awareness and avoidance
- Addiction drinking support
- These are different but also for some interlinked
- Different methods work for different areas
- If you have a crappy habit, go back to the Gill call on habits
- Emotional drinking, go back to the how to break emotional eating and drinking
- Temptation and pressure drinking, know your weak points or people and avoid OR have responses ready!
- Many women I've worked with have joined OYNB, Annie Grace's program and quite a few have admitted they are an addict and joined AA

Quick practical tips to lower / get out drinking

- Time management – no booze before 730pm, only drink between 7 and 830pm
- Create a pattern – 3-4 days off a week as non-negotiables
- Weaker drinks – water down wine after 1 glass, 25% of the gin after one glass
- Have nice alternatives – Tummy ATTACK water, healthy hot chocolate, turmeric latte
- Have other things to bring me focus – a good book
- Or have things that help me escape – TV series, bath
- Excited energy – I never manage to change with a chore mindset
- Have a list of things to do instead
- Or a list of your motivations
- Keep yourself busy
- Do different things at weak points

What I do when I want to change what I'm doing

- Never start a reset on a Monday, I find Friday the best day
- Get into the low / no drinking vibe by reading some inspirational posts and stories
- Know my motivations and use visuals
- Roll the film forward
- Focus on how I feel the next day – all the wins
- In fact how great I feel full stop
- Acknowledge sometimes I might feel grumpy
- It might feel difficult and that something is missing
- Keep asking myself what I WANT and then ask myself whether what I'm doing is taking me towards or away from it
- Allow blips as part of success
- Remind myself anything and everything is possible
- Look for evidence it can be done, that is easier than my negative voice tells me and that there are more and more women choosing sobriety
- Most importantly look at what's underneath – if you're a stress drinker and don't work on your stressful situation or your mindset then you're likely to go mad with a willpower approach

YOU CAN 100% change the amount you drink, your drinking habits and your drinking programming and beliefs.

