

The Sober Club



Get the BUZZ Without the BOOZE

90 Day Online Course

WORKBOOK

**Preparing to Ditch
the Drink.
The What, The Why,
The How**

www.thesoberclub.com

MODULE 1

WORKBOOK

Please use this workbook to remind you of the 'homework' and action steps and to make notes to keep you accountable. In addition it's a great idea to buy yourself a (lovely) notebook for extra thoughts, lists et al, as you go through the course. You can use a laptop or phone of course but there is something magical about actually hand writing!

Depending on when you join The Sober Club you can do one module a week or rock through a bunch over a few days, but do allow time to process some of the information and put some of the exercises into practice.

There are lots of ideas here, tips and suggestions, but please do seek professional advice from a health practitioner if you are concerned about any aspects of your recovery journey. If you have already 'successfully' quit drinking you might want to skip through the early modules, though of course it's also good to be reminded why we have made our decision! The most 'work' comes in the first module so if you are at the start of this journey don't skip this!

LESSON A - THE BIG WHY

Be your own psychiatrist and ask yourself some honest questions and write down the answers

Why do I 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 it 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 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 course) how far down are you, and how easy is it for you to step off?

Answer this 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).

REWARD TIME

Choose one self-care treat from the list and enjoy it, really savour it!

- Take some time to do the writing exercises and discover why you want to do this, and also why not, and what may be holding you back.
- Read the first three chapters of Alcohol Explained and listen to the podcast interview with William Porter.
- Download the self-care treats list and circle the ones that you'd like to try, if there are physical items involved, order them online or plan when you will buy them.
- Join the exclusive **Facebook Group** and introduce yourself if you want to, share your thoughts and successes, or just 'lurk' and read the posts, it's all good.

LESSON B - MAKING YOUR COMMITMENT

Much less to do in this lesson but it's crucial.

ACTION POINTS

Tell Someone

This is a big one, we all need someone rooting for us, you may well not be ready to tell the world, your partner, your family or friends, but tell one person your intentions. Ideally someone who knows you, who you know will be supportive. You can also email me or tell the **Facebook Group**, or another group you are part of, but tell someone, it makes it real.

It may be that you would benefit from attending meetings or from connecting with a sober coach to help guide you through, do what feels right for you, but don't keep it completely to yourself.

Reward Time – choose a self-care treat from the list.

Listen to at least one podcast from the recommended list.

Start reading one of the books on the recommended list.

Engage in the **Facebook Group** and if you haven't already please introduce yourself.

LESSON C - GET YOUR SOBER TOOLS READY

Once your commitment is made and you're on your way, make sure you do your preparation, get yourself a collection of sober tools and resources.

ACTION POINTS

If you haven't already buy a nice notebook to keep by your bed.

Track your progress - download an app that counts your sober dates, enter into it the date you stopped, and put in what you used to spend daily on alcohol, watch this rack up!

Put the money you would have spent on booze in a nice glass jar or vase. What day / month are you on?

Celebrate when you hit 30 days and each milestone. Write down what you will plan for those dates (see the self-care list for inspiration).

Create your WOOP - write this out and you can use it regularly to keep yourself accountable
It stands for:

Wish – (a feasible goal, a meaningful challenge)

Outcome – what is the outcome you want (the best result or feeling from accomplishing that wish?)

Obstacle – what is within you that might prevent you from accomplishing your wish?

Plan – what will be your plan of action, if the obstacle presents itself?

KEEP A GRATITUDE LIST.

Before you go to bed, write down ten things you are grateful for (however tricky your day has been). If it resonates with you, try the morning pages, writing your thoughts down every morning, letting it flow freely.

Reward yourself with at least one self-care treat.

Listen to a podcast and / or continue reading an inspirational book.

LESSON D - PUTTING IT ALL INTO PRACTICE

This lesson revisits everything you have put in place so look back over your notes. It's catch up time - make sure you answered the questions.

What is going on for you right now? (assessing where you are at and how alcohol makes you feel).

The big why – being honest about why you want to quit and why you might not...

Have you written your WOOP?

Wish -

Outcome -

Obstacle -

Plan -

Who have you told about your decision to quit the booze?

Have you started gathering some sober tools? What's working in terms of self-care? What podcasts have you enjoyed? What books have you read/started ?

How are you feeling?
