

ISABELLA FERGUSON

**YOUR WHY
YOUR FEARS
YOUR BELIEFS**



DRINK LESS LIVE LARGE!

A SHORT NOTE ON REFRAMING YOUR BELIEFS

The next few worksheets are the nuts and bolts of the reframing work and are designed to crystallise to yourself exactly why you are ready to take a break from alcohol. It is really good to spell this out in writing and to visualise the words on the page. This helps makes the intention clear to your subconscious.

The worksheets devoted to identifying, challenging and reframing your beliefs provide amazing insights into your behaviours around alcohol and why you think you need it.

You might need to take a few days reflecting on when you most commonly feel urges to drink. After work? Celebrating? While cooking? Out with a certain group of people only? When you are feeling stressed? Anxious? Happy? Fun? Is it a rewards or a commiseration? Hungry? When you skip your exercise?

Equally, when do you notice you hardly need it at all? When you are calm? Relaxed? With people who know you well? Around your family?

Get curious about all of this!

These reframing worksheets are just the start of the reframing work. Eventually you will likely need to go deeper into the process beyond the worksheets provided. What this does do however is bring awareness to your beliefs and initiates the process that will set you free.

YOUR WHY (NO.1)

WRITE DOWN A LIST OF EVERY REASON YOU DRINK. THERE IS NO JUDGMENT HERE. LIST AS MANY REASONS AS YOU CAN. USE THE NOTES PAGE AT THE END IF YOU NEED MORE SPACE. (FOR EXAMPLE, I DRINK TO RELAX FROM WORK, OR DRINKING HELPS ME SOCIALISE OR FIT IN AT GATHERINGS.)

REFLECT AND READ OVER EACH OF THE ABOVE REASONS THAT YOU WROTE DOWN. HOW DO THEY MAKE YOU FEEL?

YOUR WHY (NO.2)

WHY DID YOU DECIDE TO TAKE A BREAK? WHY DID YOU DOWNLOAD THIS RESOURCE? WHO IS IT THAT YOU'RE HERE FOR? IS IT JUST YOURSELF? DO YOUR FRIENDS AND FAMILY WANT YOU TO STOP? WHAT IS MOTIVATING YOU TO BE HERE? BE AS SPECIFIC AS POSSIBLE.

REFLECT AND READ OVER THE ABOVE.
HOW DO YOU FEEL READING IT?

FEARS & BELIEFS

*Your fears around stopping drinking can indicate your core beliefs underpinning why you think you need to drink

WHAT ARE YOUR GREATEST FEARS ABOUT STOPPING DRINKING? COMMON FEARS INCLUDE FEAR OF NOT FITTING IN, FEAR OF SOCIALISING, FEAR OF BEING LONELY, FEAR OF NOT SLEEPING, FEAR OF NOT BEING ABLE TO RELAX, FEAR OF NOT HAVING FUN. LIST THEM ALL!

CIRCLE THE TOP 3 FEARS THAT YOU HAVE. INSERT THEM IN THE BUBBLES ON THE NEXT PAGE. THEN CHALLENGE AND REFRAME THEM!

Belief TURN AROUND

My belief around drinking

Evidence supporting my belief:

Evidence against my belief:

How can I reframe my belief into a more realistic and positive one?

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NOTES