



Mini-reframe

**Do you drink
alone to self-
soothe?**

Isabella Ferguson
@letstalkalcoholaustralia



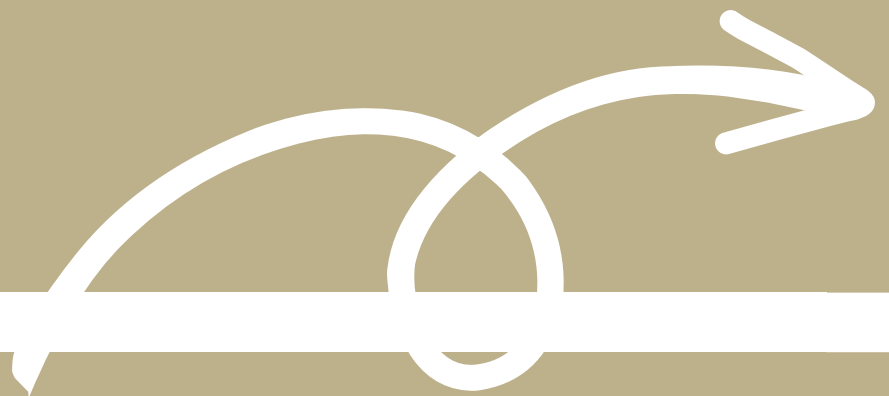


It might look like this:

"I've been out to dinner. I've had a great night with my friends. Lots of laughter and terrific conversation.

At home the house is quiet and calm. I still feel awake and a little revved up thinking about the night. I might have a glass of wine or two by myself..."

Isabella Ferguson
@letstalkalcoholaustralia





But... that glass turns into several more glasses.

Perhaps you turn the music on? Or take a glass of wine into bed as you put a show on to fall asleep.

It feels like an indulgence or a reward after having a wonderful night out.

Isabella Ferguson
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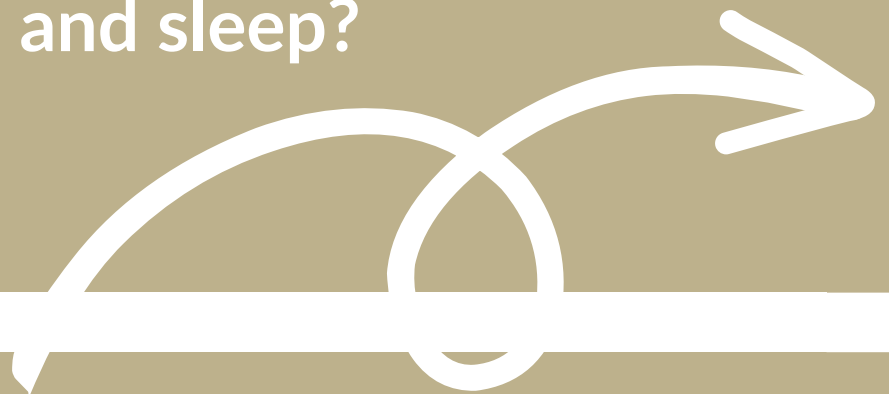
Consider another perspective

Is your post-party drink really a reward or an indulgence?

Perhaps you are drinking to:

- calm down / to soothe your nervous system?
- congratulate yourself for making it out to socialise when it was an effort to do so?
- find peace and quiet after the noise?
- help you calm down and sleep?

Isabella Ferguson
@letstalkalcoholaustralia





Can I reframe this view?

Instead, can you acknowledge that you feel awake and that you may need some time to calm? If so, give yourself space to do so.

Acknowledge that drinking now will disrupt your sleep and will make you feel horrible in the morning.

Play the tape forward. How will I feel tomorrow morning if I drink? How good will I feel if I don't?

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Soothe and calm healthily

Can you have a bath?

Read a book?

Have a cup of tea?

Put a meditation on?

You've got this!

Isabella Ferguson

@letstalkalcoholaustralia