

THE ALCOHOL REVOLUTION

6 - WEEK CHALLENGE

Companion E-Book to My Course



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WELCOME

This E-Book accompanies my Alcohol Revolution 6 Week Challenge which can be accessed by an online video program or via podcast.

This E-Book contains the reflection worksheets referred to in the challenge.

This challenge is an effective way of simultaneously taking a break from alcohol and changing your mindset in the process so that your new habits stick long-term. It provides daily support to help you stay the course.

All the best!

Isabella

[WEBSITE](#)

[THE REVOLUTION](#)

T A B L E O F C O N T E N T S

A little note:

- 1. Not every day of the course has a reflection sheet*
- 2. The ACT Technique (reframe tool) can be used as often as you need to reframe your beliefs - just print it out again*

<u>ESSENTIAL TIPS</u>	A
<u>TWO BIG LISTS</u>	DAY 1
<u>TWO MORE LISTS</u>	DAY 2
<u>AWARENESS</u>	DAY 3
<u>ALCOHOL & THE BRAIN</u>	DAYS 8, 8, 10
<u>NERVOUS SYSTEM ROPE</u>	DAY 20
<u>LIBERATION VS FIXATION</u>	DAY 37
<u>NON NEGOTIABLES</u>	DAY 38
<u>PERSONAL PLAN</u>	DAY 39
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<u>FUTURE YOU</u>	DAY 41

A

ESSENTIAL STARTING LINE TIPS

1. Make a firm decision to commit to this challenge 100%. This one firm commitment takes the debate and energy out of it all. Simply turn up, listen, do the reflection sheets and open your heart and mind to learning new things along the way
2. Tell someone you trust about what you're doing and why
3. Drink plenty of water to flush out all the toxins in your system
4. Get lots of sleep (early to bed, early to rise worked for me)
5. Get some exercise - move a little each day, preferably morning
6. Eat healthy food, especially **protein** - (your body needs protein to make amino acids which will help elevate your mood and reduce sugar cravings by balancing your blood sugar levels) ***NOTE:** I recommend protein **every 4 hours**, starting with breakfast in the first 4 weeks of eliminating alcohol
7. Start a journal!
8. Take a photo of yourself (a before photo!). You'll be surprised at the differences you see in your physical appearance after 30 days without alcohol
9. Stay social - Try not to isolate or withdraw from family and friends. You are going to likely be nervous about going to places where you regularly drink but there is no harm in trying. You'll be amazed to find out that you do not need alcohol to have a good time. Just give it a go.
10. Be positive! Keep reminding yourself that you can do this. That you are strong. That you are here to treat yourself and be the best version of you that you can be. You are not broken. You are courageous and amazing and have so much to look forward to.

Day 1

A SHORT NOTE ON YOUR TWO BIG LISTS

The next few worksheets are the first stages of the reframing process and are designed to crystallise to yourself exactly why you are ready to take a break from alcohol (or make some significant changes). 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.

These worksheets will provide amazing insights into your behaviours around alcohol and why you think you need it.

You might need to take a bit of time 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!

Also don't forget to dig deep! Write like no one is watching and remember this is not a test! There are no right or wrong answers.

Kind regards

Isabella

YOUR WHY (LIST 1)

WRITE DOWN A LIST OF EVERY REASON YOU DRINK. THERE IS NO JUDGEMENT 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.)

NOTES:

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

FEARS & BELIEFS(LIST 2)

*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!

Day 2

WHY ARE YOU HERE?

WHY ARE YOU HERE DOING THIS COURSE RIGHT HERE RIGHT NOW? WHAT MAKES NOW SUCH AN IMPORTANT TIME FOR YOU? WHY MAKE THIS INVESTMENT WITH ME?

NOTES:

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

WHAT ARE YOUR HOPES?

WHAT ARE YOUR HOPES FOR YOU IN MAKING THE CHANGES THAT THIS COURSE WILL FACILITATE YOU MAKING? PLEASE WRITE THIS LIST IN THE PRESENT TENSE AS IF THIS HAS ALREADY OCCURRED! THIS IS IMPORTANT.

Notes:

Day 3

AWARENESS 1

WHERE HAVE YOU RECENTLY NOTICED ALCOHOL MENTIONED IN EXTERNAL LOCATIONS OUTSIDE YOUR IMMEDIATE HOME? (ADVERTISEMENTS, BILLBOARDS, SPORTING EVENTS, COMMERCIALS, RADIO, SOCIAL MEDIA FEEDS)

AWARENESS 2

WHERE HAVE YOU RECENTLY NOTICED ALCOHOL MENTIONED IN CONVERSATIONS WITH PEOPLE YOU KNOW (FRIENDS, COLLEAGUES AND FAMILY)

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

AWARENESS 3

SELF-TALK! HAVE YOU NOTICED YOUR OWN THOUGHTS AND INNER DIALOGUE AROUND ALCOHOL AND WHEN THE THOUGHT OF ALCOHOL POPS INTO YOUR MIND? WHEN AND IN WHAT CIRCUMSTANCES?

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

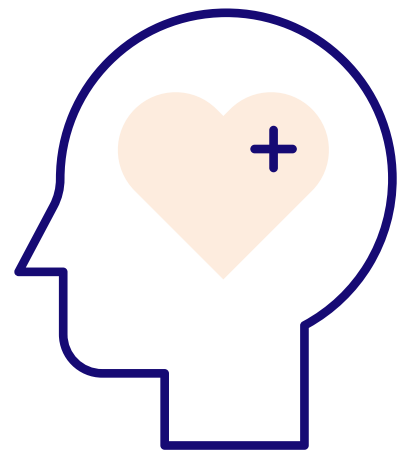
Days 8, 9, 10

**ALCOHOL &
THE BRAIN**



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ALCOHOL & THE BRAIN



Why we think we like to drink (a very quick overview)

Endorphins

Alcohol artificially stimulates the brain's "pleasure centre", releasing endorphins (dopamine and serotonin - our feel good chemicals) almost instantaneously and in high quantities.

Dynorphin

Seeking to re-establish balance (or homeostasis) the brain releases a chemical called dynorphin a downer which acts to chemically suppress our euphoric feeling that alcohol is initially providing. As your first glass of alcohol wears off, you actually end up feeling worse than when you started drinking. So - you reach for another and the cycle starts again.

Adrenaline and cortisol

Alcohol is a depressant, and in order to counteract this (and again seeking homeostasis), your body releases stimulants adrenaline and cortisol - stress hormones! These stimulants stay in your system longer than the euphoria and contributes to restlessness, anxiety and sleeplessness - hello 3am wake up!

Chasing the buzz - the cycle continues

If you keep drinking, it will become increasingly difficult to find the same "buzz" as more counteracting chemicals are big released. The alcohol will also start to impact other areas of your brain and body too, including your senses. Your brain is slowing down! This explains blurry vision, slurred speech, detachment from reality and a numbing of feelings.

Next day

When you wake up the next day ,you may feel more inclined to continue the drinking cycle to chase the euphoric buzz again and tune-out the uncomfortable feelings you are having. Remember a large part of this horrible feeling stems from lack of sleep and the prevalence of adrenaline and cortisol in your system.

The thing is, you end up drinking again to get back the feeling that alcohol stole from you in the first place!

It is really helpful to be aware of what alcohol does to our body. It's not our fault to become dependent on it and we cannot undo what we now know!

Alcohol & the brain

Quick facts

A drink will give you 20 minutes of pleasure only!

Your brain jumps into protection mode to restore balance and releases stress hormones and stimulants that stay much longer than the euphoria

Anxiety, restlessness, sleeplessness, regret, fatigue occur as these chemicals leave our system slowly. Hello 3am wake up!

You drink again to feel better and to restore you back to the feeling that you had before alcohol stole it in the first place

**Increasing awareness about these impacts reduces alcohol's allure.
We cannot "unknow" this!**

EXTERNAL CLARITY

EXTERNAL EVIDENCE CHALLENGING YOUR BELIEF (Scientific fact, studies, surveys, articles, research, stories, ads, cultural influences that challenge this belief)

TURNAROUND

Turn your belief around! List as many statements that are the opposite or contradict your initial belief that you can. These need to be true to you!

How do these turnarounds make you **feel** and **behave**?

DAY 20

NERVOUS SYSTEM SCALE

Sympathetic Nervous System

1.

2.

3.

4.

5.

1 = High Stress
10 = Super calm

Parasympathetic Nervous System

6.

7.

8.

9.

10.

Place examples of activities that match your stress level in the pink boxes

DAY 37

LIBERATION VS FIXATION

QUESTION 1 - CONSIDER THE VIDEO AND HONESTLY ASSESS YOUR APPROACH TO ALCOHOL PRIOR TO THIS COURSE: WERE YOU TRULY LIBERATED IN YOUR CHOICES OR WERE YOU FIXATED ON ALCOHOL TO A POINT WHERE YOU FELT YOU DID NOT HAVE FULL CONTROL OVER YOUR CHOICES?

LIBERATION VS FIXATION

QUESTION 2 - BRAINSTORM AT LEAST 3 MOMENTS IN YOUR FUTURE THAT YOU WILL USE AS GUIDEPOSTS TO DETERMINE IF YOU ARE TRULY LIBERATED OR FIXATED IN YOUR DRINKING. **NOTE** - YOU DO NOT NECESSARILY HAVE TO BE DRINKING TO BE FIXATED! THE **GOAL** HERE IS TO BE HYPER-AWARE OF WHEN AND WHERE YOU ARE FIXATED SO THAT YOU CAN GET CURIOUS AND DO THE ACT TECHNIQUE TO LIBERATE YOUR THINKING.

DAY 38

NON-NEGOTIABLES

WHAT ARE YOUR NON-NEGOTIABLES? WHAT ARE THE LINES IN THE SAND THAT YOU WILL NOT CROSS? SPECIFICALLY WHAT IS MORE IMPORTANT IN YOUR LIFE THAN ALCOHOL? REFLECT ON YOUR PAST AND WRITE ABOUT WHERE YOU **NEVER** WANT TO BE AGAIN. CREATE A SOLID LIST OF YOUR NON-NEGOTIABLES BELOW

DAY 39

YOUR PERSONAL PLAN



Personal Plan

Your goal

State your goal clearly (ie - I commit to following the terms of this plan by agreeing to go alcohol free for the period stated in the timeframe starting on the commencement date to the best of my ability!)

Commencement date

Commit to a commencement date in the near future to commence the plan. Today?!

Time-frame

Timeframe (remember the longer the better BUT it needs to be achievable):

Share

Who will you share your commitment with? Write the name down here.

Your carrot!

**What is a small indulgence that you can give yourself everyday?
Perhaps create a small list to choose from!**

What is a larger indulgence that you can reward yourself with when your goal is achieved ? Something that feels personally special to you to reward yourself for all of the time and energy you have put into this achievement and all the money you have saved! Create a list of your top 3 rewards!

STICK

What will your consequence be?

Are you willing to go see your doctor if you cannot make 30 days?

PROMISE

Do you promise that if you drink again to not let it "just happen" accidentally but to be mindful, to get curious, to reflect on how, when and why it happened and to perform an ACT technique on the underlying belief?

Reflection

Reflect on this plan. How does it make you feel?

SIGNATURE

SIGN YOUR NAME!



LENGTHENING

CONSIDER THE LENGTHENING STRATEGY. DO YOU PLAN ON USING THIS STRATEGY IF YOU GO BACK TO "MINDFUL" DRINKING? WHAT INITIAL LENGTH ARE YOU COMMITTING TO? HOW LONG WILL YOU COMMIT TO IF YOU BREAK A NON-NEGOTIABLE? HOW WILL YOU ENSURE THAT FROM THIS POINT FORWARD YOU (AND NOT ALCOHOL) ARE IN CONTROL?

Notes:

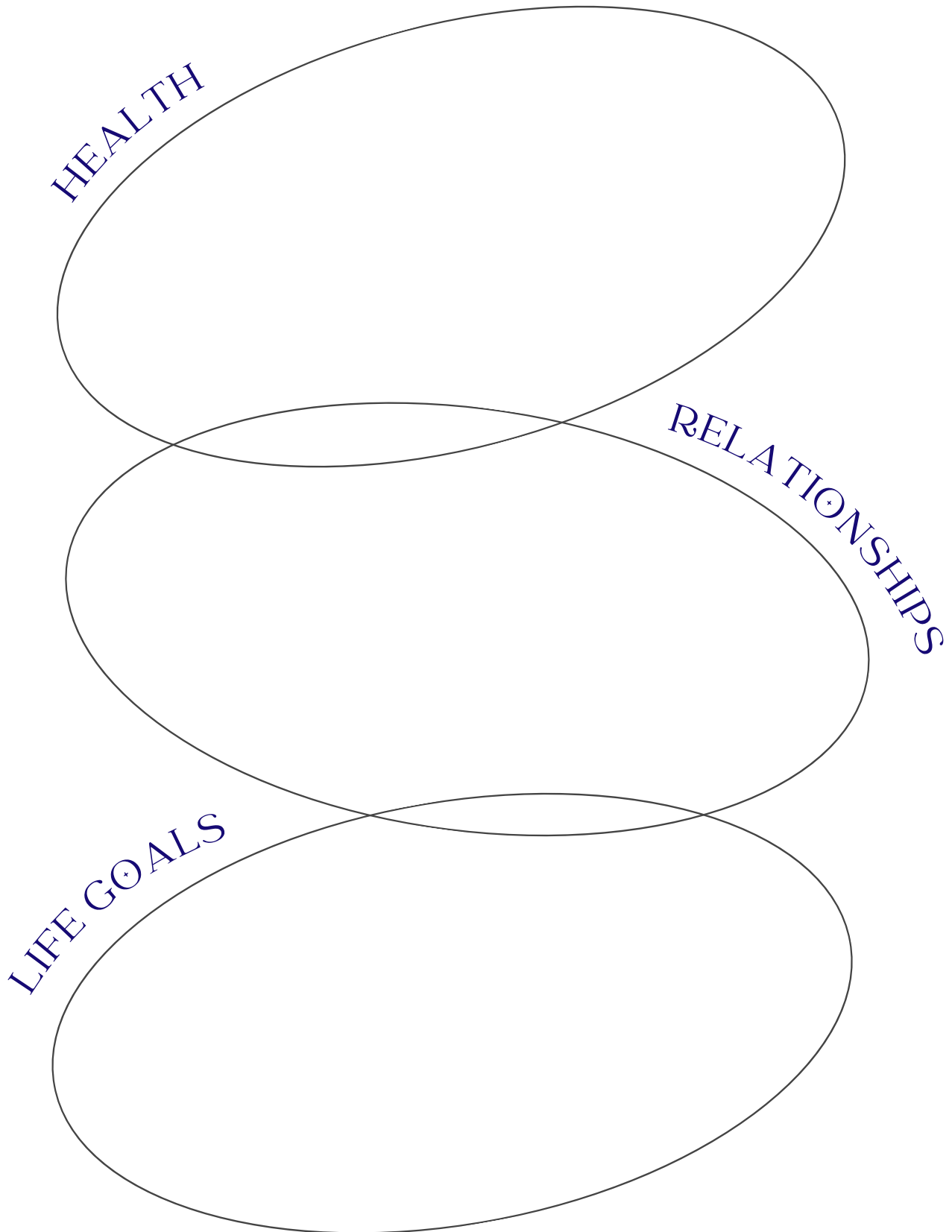
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VISUALISING FUTURE YOU



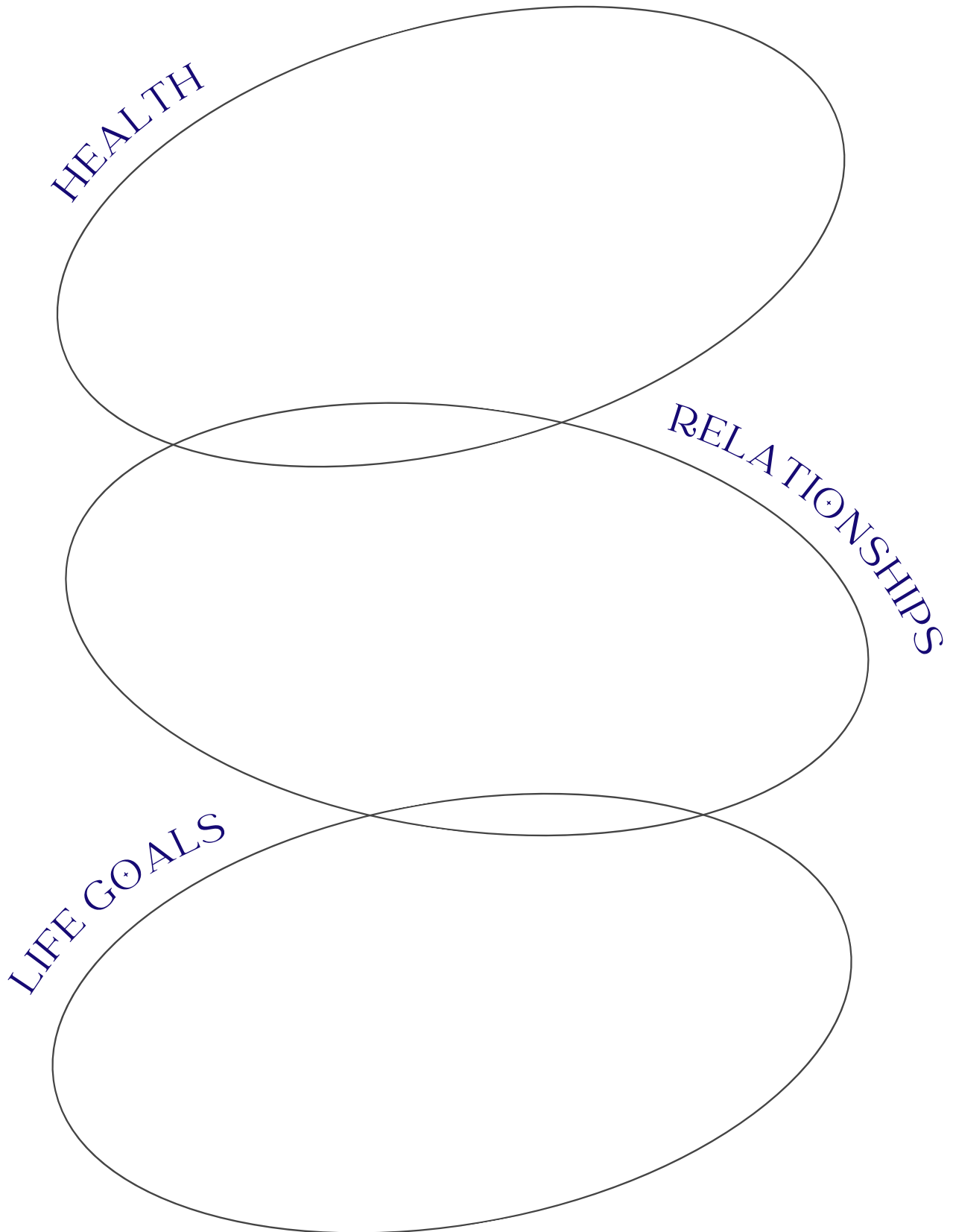
Visualise your life in 1,3,10 years

IF YOU **DID NOT** STOP DRINKING AND CONTINUED DRINKING AT CURRENT LEVELS



Visualise your life in 1,3,10 years

IF YOU **DID STOP** DRINKING AND CONTINUED
DRINKING AT CURRENT LEVELS





VISUALISING FUTURE YOU

WHAT MESSAGE DOES YOUR FUTURE SELF HAVE FOR YOU NOW?



NOTES



MAKE AN ENQUIRY

If you have any questions or would like to talk more about this resource or course feel free to book a **free 30 minute introductory call** with me. I am a Counsellor and Certified Alcohol Master Coach. Let's have a confidential no-obligation chat at a time that suits you.

[Introductory call](#)

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