

The Sober Challenge Experiment

Your Challenge Workbook

THE
ALCOHOL
COACH
DISCOVER YOUR VIBRANT SOBER LIFE



Welcome to The Sober Challenge Experiment. I'm so pleased that you are here. It's going to be a wonderful and exciting time for you, and you can be very proud that you have taken this step.

This is a free resource from The Alcohol Coach to help get you started on your journey to unravelling alcohol.

This is your workbook. Keep it. Print it. Scribble on it. Edit it and add you own notes. It's yours. It is really useful to keep a record of where you started from with your alcohol-free experimentation.

You are awesome! Let's dive in.

Michaela x

The Alcohol Coach

Lesson 1

Clarity and Goals Where are you starting from?

In this section you can dig deep and explore your current thoughts and feelings around alcohol and your life.

What does alcohol currently do for you?

What do you enjoy about drinking alcohol?

This may seem like a strange set of questions, but at this moment in time you believe that there are benefits to drinking alcohol. List as many as you can. (If you have already started the process, and have stopped drinking, complete the section above with 'What did I think, alcohol did for me?' and 'What did I used to think I enjoyed about drinking alcohol.')

What are your concerns about drinking? What are your worst fears?

What are your negative feelings around alcohol?

How do you see yourself in weeks/months/years if you continue with the behaviour?

What do you want out of life? How might alcohol be in the way?

**What goals do you want to set yourself for The Sober Challenge Experiment?
I recommend a minimum of 3 weeks alcohol-free so that you can begin to explore all areas of your life.**

Be specific. Here is a guide. Make your goal specific, measurable, achievable, realistic and timed.

For example, if you committed to 12 months straight away then may be too long for you, whereas 6 weeks may feel much more achievable for you.

Today, I make a commitment to live alcohol-free for

I do this because I want

On a scale of 1-10 how committed are you to achieving your Sober Experiment goal?

If you didn't score yourself 10, what more do you need to do to move yourself to being fully committed.

**Congratulations. You have begun. You've made a great start.
You're already doing this!**

Lesson 2

Mindset and Empowerment

What obstacles have you overcome in your life? List them here.

What do you now know about alcohol? How do you now feel about it?

Reflections

What do you observe and notice about:

You and alcohol?

Other people and alcohol?

Lesson 3

Myths and Beliefs

Before the lesson...

What are your beliefs around alcohol? Refer back to lesson 1 where you made notes about what you felt alcohol did for you.

After the lesson. What have you discovered...

Most if not all of the things that we have believed all out lives about alcohol simply aren't true. By challenging these and looking at each belief with critical challenge, we can debunk the myths and change our own narrative.

What are your beliefs around alcohol now?

Lesson 4

Techniques and Tips

Who are the people that you are most concerned about telling that you are taking a break from alcohol?

Brainstorm 10 different things that you can tell them.

1

2

3

4

5

6

7

8

9

10

Make notes of how many times you used the belly breathing technique to feel calmer. What did you notice?

What you want to relax, possibly because you are tired, or feeling stressed, what strategies will you put in place? Remember HALT.

H Hungry

A Angry

L Lonely

T Tired

Positive Outlook and Gratitude

Make a list of the top 10 things in your life that you are grateful for. Try to be very specific and focus on the detail

1

2

3

4

5

6

7

8

9

10

Your Sober Experiment

Take a moment now to imagine how you will feel when you reach your sober goal.

What will you feel like?

What will you be thinking to yourself?

What improvements will you expect for your health, vitality and finances?

What will you be doing with all your new-found Sober Time?

What positives have you noticed in your sober experiment? Small wins are important. Over time they will lead to bigger wins.

Next Steps

I hope that you have enjoyed this bite-sized course and that you are motivated and inspired to meet your goals.

Enjoy Your Sober Challenge Experiment!

I can honestly say that since I ditched alcohol I haven't looked back. I have amazed myself and everyone who knows me! So go for it! You can do it!

Further Support

If you feel that you would benefit from further support to take the next steps to control alcohol and to outsmart addiction, then I wanted to introduce you to The Discover Sober Program.

I developed The Discover Sober Program to help people to discover a vibrant sober life without feeling deprived and with no withdrawal, willpower, pain or misery. It is everything that I wished I had when I was struggling with alcohol.



The program is a six-week intensive course that takes you through a guided coaching program to literally change the way you think and feel about alcohol so that you can walk free from the alcohol trap. Together we get alcoh-smart in a unique blend of presentations, coaching talks, and powerful meditations for change based on the unique 5 Stage system. The program is suitable for people across the spectrum including those who want to thoroughly understand how and why alcohol works the way it does, people wanting to take an extended break from alcohol without feeling deprived, and those who want to stop permanently.

You can find details of lifelong access at the reduced rate here <https://discover.thealcoholcoach.com/offer>

Michaela