

De-addiction essentials:

Alcohol



Denial

- Track every drink for 2 weeks (type, time, why) and total the cost.
- Compare sleep, mood and work performance on drinking vs non drinking days.



Acceptance

- Commit to specific limits (e.g., 3 alcohol free days/week) and announce them to a supporter.
- Write a one line pledge and set calendar reminders for weekly check ins.



Awareness

- Log triggers for a week (stress, social, boredom) and identify your top two.
- Practice a 15 minute delay routine: breathe, drink water, call a friend, then reassess.



Action

- Swap the first evening drink for a mocktail or brisk 10 minute walk and track alcohol free days.
- Use a tracking app or peer support group; seek medical help immediately if withdrawal is likely.

Progress note: pick one small solution and repeat it daily—consistency beats intensity