



# 10 Tips to help you stop drinking

“In a Nutshell”

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**When you stop drinking alcohol you are also quitting the lifestyle that goes along with it. When ready to start on the road to sobriety you will be saying goodbye to the life you knew as a drinker and hello to a new sober lifestyle filled with possibilities.**



If you are ready to stop drinking alcohol here are some tips that may help:

## 1. Envision your sober living.... visualisation is very powerful.

- While you are fully aware of how your life is with alcohol in it, can you envision your life once you have completely stopped drinking?
- Now visualise yourself as a sober, happy and healthy person, where you will be in a day, week, month or even year. Looking into the future will provide you with the inspiration needed to work through your
- Looking to the future all throughout the day will help keep you on track. Your life isn't going to be what it is today forever, sober living will only help it improve.

## 2. Tell people you want to stop drinking.

If you are ready to stop drinking, then you are ready to admit you have a problem.

Announcing to your friends, family, work colleagues and the rest of the world you want to stop drinking can jump start the support system you are going to need.

Those closest to you do not want to see you suffer with the effects of alcohol, if you make it clear you are ready they will come to you offering the support and encouragement you will need to achieve your goal of sobriety.

## 3. Same time same place .... change it.

Going to the same places where you spent most of your drinking days, such as the same bars and restaurants, is never a good idea.

These places may tempt you into drinking; not to forget many of those drinking buddies are there and may tempt you too.

## 4. Change your group of friends.

Those you use to drink with and are still avid drinkers are the ones to avoid.....They may tempt you and be a part of your relapse.

While you do not need to say goodbye forever it is important to leave these friends in the past while you are finding your sobriety and developing the skills you need to maintain your sobriety in all situations.

## 5. Remove temptation

It is important to remove any, and all, temptation from your home. Go through all your cabinets, closets and any hiding places where you would have alcohol and **throw them all away**. You may even want to throw away wine glasses and other drinking glasses that will remind you of alcohol.

If you live with someone else who still drinks alcohol now is the time to ask them to keep their alcohol away from you, maybe in their bedroom. Also ask them to be courteous and not drink when you're around because sometimes the temptation can be too much, leading back to the bottle.

## 6. Seek Help.

Depending on the severity of your drinking – seek help from your own GP.

Joining an AA support group is a good place to start to look for help.

Seeking help will also help you get to the root cause of your addiction. Many suffering from an alcohol abuse problem have physical, mental and emotional issues related to their drinking. There may also be an underlying cause for your alcohol abuse problem that will need to be worked through.

## 7. Set realistic goals.

Remember to take your recovery one step at a time. Just as your addiction did not occur overnight your recovery will not either. Setting realistic goals for yourself will help you meet your overall goal of lifelong sobriety.

## 8. Positive Reinforcement.

It is important to find ways to reward yourself for not consuming alcohol, think about what you enjoy doing that does not involve drink, if funds allow treat yourself to trip to the cinema, have your nails done etc. It is important to find positive ways to reinforce not drinking. Keep yourself happy with sobriety.

## 9. Information ... knowledge is power.

As a member of an alcohol support group or education class you will learn more about your alcohol abuse problem. You will have a full understanding of what is causing your compulsion to drink, as well as the effects drinking has on your mind and body.

Knowing what's going into your body and its effects can help you to stay away and continue sober living.

## 10. Start new hobbies and activities .... keep busy

Finding new interests and hobbies are important when quitting alcohol. Having something you enjoy doing that is positive is important to fill the time you once spent consuming or thinking about consuming alcohol. Keeping busy will help keep your mind of alcohol.

## Stopping drinking isn't easy, it will take work.

It is important to remember that quitting alcohol is not easy; it is a day to day journey that will require you to put your all into it.

If you have the willpower, support and resources to quit drinking you will be able to find success in meeting your overall goal of lifelong sobriety.