

NO SHAME ASSESEMENT

Examine your thoughts for your wine, beer or cocktail
Examine your beliefs around your wine, beer or cocktail

I BELIEVE

Our beliefs are our stories. The long and the short of what we have thought, told ourselves or been told. All the data we store, imprinted in our brains, lingering in heart and in the tissues of our body.

I THINK

Thoughts are the words we hear in our heads in our own voice. Have you ever had a thought that popped up that not only surprised you but you were not even sure it was true?

Our thoughts can be building blocks to the "in the now" emotions that sometimes hurt us. Without challenging them we allow them power and the ability to linger in our foundation- our subconscious.

Over time, they can become negative beliefs. When our stories get negative, they build up negative energy in our body. These layers of negativity begin to eat away at our joy. We don't like our behaviors or who we have become. Then we get stuck.

Consider the following for the following questions.

- Short-term health
 - Long-term health
 - Emotions
 - Sleep/Energy
 - Rest/Relaxation
 - Being Social
 - Friendships
 - Marriage
 - Parenting
 - Nourishment
 - Mindfulness
 - Exercise/Movement
 - Spirituality
 - Hobbies
 - Future self/dreams
 - Safety
 - Job/Career
 - Money/Finances
- *Set aside at least one hour to complete this assessment, and it can be in more than one sitting. Take your time. This is important stuff about you.*
 - *Complete every question to the best of your ability. Don't leave anything blank.*
 - *Answer based on your current drinking*
 - *There is no right or wrong or good or bad here, and most certainly BE HONEST!*
 - *Let 24 hrs pass, and then review your answers to see if you got it all down. Don't change/delete, etc.*

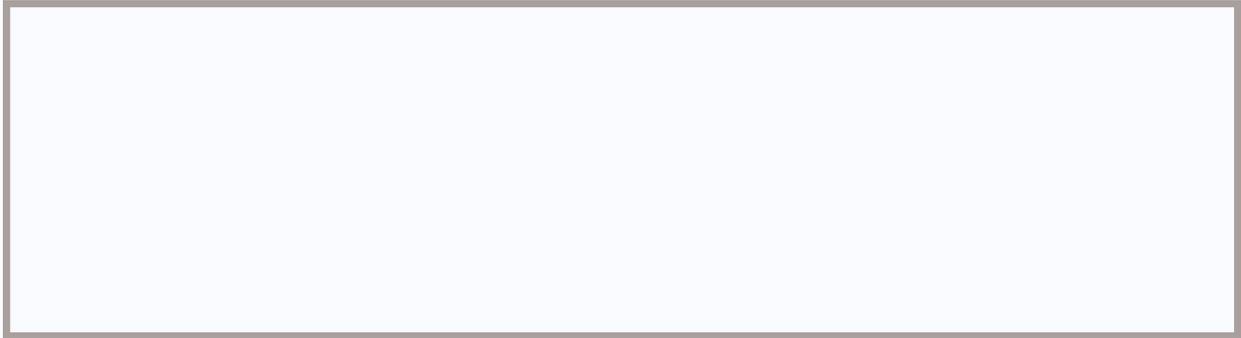
*How does your current drinking help or benefit you?
What job do you give it? Example: relax, unwind, celebrate)*

*What are the downsides to your drinking?
Example: hangovers, missed moments, shame, guilt*

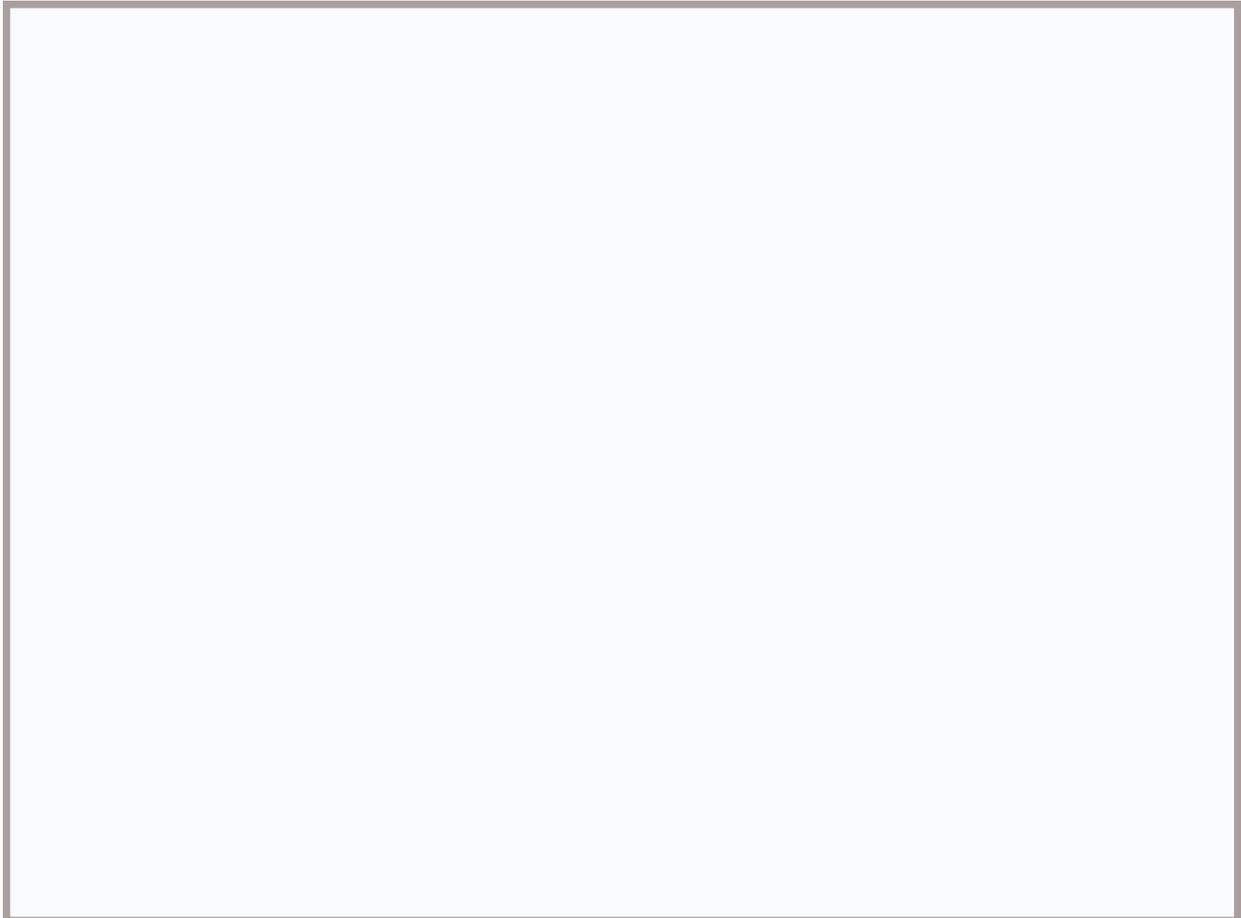
*What is the single biggest benefit of your drinking and why?
Example: I earned and deserve it. It elevates my life.*

*What is the single biggest cost of your current drinking and why?
Example: Missing out on real connection with my husband. My marriage is more important than my glass of wine.*

*Which parts of your life would benefit from drinking less?
Example: Physical health, better marriage, less self loathing.*



*How could you and your life benefit from drinking less?
What could be your biggest gains?
What feelings or thoughts about yourself would those gains provide?*



YOU DID IT! Well done and good for you. If you are interested in 1:1 coaching or want recommendations for group experiences, please reach out.