

# Journaling to Change Your Relationship with Alcohol

## 1) Why do you drink?

*ie. It helps me relax. It's fun to do socially. Reward at the end of a long week.*

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## 2) Why do you want to cut back / stop drinking?

*ie I feel like crap In the morning. It's keeping me from being as productive as I want to be*

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3) What fears do you have about cutting back/stopping?

*ie. Life will be sad. I'll feel like I'm missing out. I'll lose friends*

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4) Describe the future you who has a new relationship with alcohol. (What has improved? How do you feel? What are your thoughts about alcohol?)

*ie. I have more energy. I feel good about myself. I don't spend a lot of time thinking about drinking. I feel happy that I can have fun at a party without drinking and also not have to worry the next day that I said/did something stupid.*

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