

# Does Alcohol Have You Under Its Spell?

A 10-Step, Self-Help Approach to Success





Sexy billboards, neon signs and beautiful models have created the illusion that drinking is cool, fashionable and fun. For years it has enchanted you with the promise of that you will be more attractive, more courageous, and more interesting with booze. But you've pulled back the curtain. You've come to the realization that alcohol's mostly hype, and that your problems with drinking are still rooted in unrealistic fantasies.

If alcohol has you under its spell, then it is time to snap out of it. Chances are, you already know that the wonders promised are false. Chances are, you know the lows exceed the highs. Chances are, you know that every drink makes you weaker, and more miserable at the same time.

Movies glorify drinking. Advertising. TV shows too. But they are paid to, and you know it. They create the idea of a convenient, immediate, better world. A better you. An illusion.

It's not easy to shake the spell on your own. But you can do it, with strength and support. That is why this manual is here, to guide your self-help approach.

It took a group of committed psychologists, writers, designers and planners to make this book a reality.

Please respect our efforts by donating a token of your appreciation to [donnaferguson3@gmail.com](mailto:donnaferguson3@gmail.com) via Hyperwallet or Paypal.

Ms. Ferguson funded this program on her own initiative, out of her own pocket. If we recoup the cost it took to make this manual, we will make more, for others that need them.

Good luck.

# How to Use This Self-Help Program

This program is designed to help people who want to take control of their drinking without getting professional help. If you want to shake your enchantment with alcohol, on your own, this manual was written to hopefully offer some guidance. Getting professional assistance is usually necessary for those who have a very severe alcohol addiction including withdrawal symptoms (such as feeling very unpleasant symptoms of nausea, shaking and anxiety when you cut back on your drinking) and tolerance to alcohol (that is, you need to drink more and more to get satisfaction from alcohol) or who may have tried on their own many times without success. We know that many people prefer to help themselves when it comes to changing a habit and that most heavy drinkers actually can do it themselves if they really want to achieve success and work hard at it.

In this brief program, we have summarized for you the most important techniques and strategies to help you achieve your drinking goal. We do not waste your time with a lot of unnecessary information, statistics, or long testimonials. We get right to the point, giving you what you need to make a change in your drinking, starting today. These few pages contain the most recent, state-of-the-art approach to self-help for alcohol problems. It is based on a lot of research by a lot of people with a lot of clients. You can be sure that if you follow these Ten Steps you will make significant changes to your drinking habits. At the end of this booklet, you will find some websites and phone numbers to help you further if you need them.

To use this booklet most effectively, we recommend that you read through the whole thing first. It is quite short. Then, go back to Step 1, read it carefully, and apply the advice yourself. You may find it helpful to get yourself a small notepad or diary so that you can write down some notes and record any ideas or insights that you may want to remember. You can add to these notes as you go through all of the steps. At the end, your own notes and comments will be like a personal application of this program that is specifically relevant to you and your needs.

We also recommend that you start keeping an accurate record of your drinking on a daily basis, kind of like a Drinking Diary. This diary has many benefits. It makes you very aware of your drinking patterns and how often and how much you drink. It will also give you accurate information on your progress through the Program. Finally, just keeping track has been shown to give you more control over your drinking habits. We include a Drinking Diary at the end of this workbook to help you keep track.

Once you have gone through all ten steps, it is highly recommended that you read through the whole booklet on a regular basis, at least once a month. The reason for this recommendation is that keeping the ideas contained in this booklet fresh in your mind is key to keeping you aware of your drinking and what you need to do to shake the spell. If you do not do this, then we know that most people will begin to forget much of what they have learned and leave themselves vulnerable to relapses. It's like learning a language or new sport, if you do not practice often you can quickly lose the skill!!!

**WE HOPE YOU FIND THE TEN STEPS  
HELPFUL IN ACHIEVING YOUR DRINKING  
GOAL. GOOD LUCK! WORK HARD!**



# Step 1

BAR  
OPEN

## Do You Really Want To Do Something About Your Alcohol Problem?

One of the biggest problems people have changing any addictive habit, including problem drinking, is that their motivation is either not strong enough or it is not well thought out. So, after a while, what seemed like a good idea at the time no longer does. Sometimes the difficulties caused by alcohol abuse are not as bad as the benefits of not drinking; so you find that you miss drinking once you begin to reduce it. Or, you may have been really motivated at first, but after a little while, the motivation fades somewhat and you return to your old habits. Finally, your heart might be in the right place but making real change might take so much effort that you just can't keep it up, it's too much work, so you begin to slide back to your usual drinking behavior.

### HOW TO MAKE SURE YOUR MOTIVATION TO DO SOMETHING ABOUT YOUR ALCOHOL PROBLEM STAYS HIGH

The best way to make sure your motivation to do something about your drinking is to link your alcohol abuse to the main values in your life. If you truly believe that your drinking will harm the most important parts of your life, then your motivation will stay strong. You can check this for yourself by asking the following questions. As you answer them, it is very helpful to form a clear mental image of the answer. Really imagine it clearly and realistically.

» Has alcohol abuse hurt your relationships with the most important people in your life such as your partner, children, friends, or family? Have there been strains, breaks, anger, shame arguments, or guilt in your relationships? If so, list the names of these people in your Diary and briefly describe how they are being harmed by your drinking. Then imagine this impact of

alcohol on your life very clearly, vividly and realistically.

- » Has alcohol abuse hurt your emotional life? Has it made you depressed, anxious, angry, guilty, or embarrassed? Sometimes even suicidal? If so, list the main ways your drinking has harmed your emotions in your Diary. Then imagine this impact of alcohol on your life very clearly; vividly and realistically.
- » Has alcohol abuse hurt your physical health such as your liver, blood pressure, energy level, or sleep? If so, list the ways your health has been harmed by your drinking in your Diary. Then imagine this impact of alcohol on your life very clearly; vividly and realistically.
- » Has alcohol abuse hurt your lifestyle and leisure life? Have you given up other rewarding activities and relationships so that you can drink. If so, list the way your lifestyle and leisure life has been harmed by your drinking in your Diary. Then imagine this impact of alcohol on your life very clearly; vividly and realistically.
- » Has alcohol abuse hurt your self-esteem, or how you view yourself? Do you feel less of a person, like you are not at your best? Do you feel less worthy, less valuable? If so, list the ways your self-esteem has been harmed by your drinking in your Diary. Then imagine this impact of alcohol on your life very clearly; vividly and realistically.
- » Has alcohol abuse hurt your sexual functioning by interfering with your performance or your sexual attractiveness? If so, list the ways your sexual functioning has been harmed by your drinking in your Diary.

Then imagine this impact of alcohol on your life very clearly; vividly and realistically.

- » Has alcohol abuse hurt your mental functioning like your memory, concentration and focus? If so, list the ways your mental functioning has been harmed by your drinking in your Diary. Then imagine this impact of alcohol on your life very clearly. vividly and realistically.

Your diary should contain a list of all of the things that alcohol has done to you. You should remind yourself of these effects every day. To make this motivational exercise even more powerful you can imagine what will happen if you don't do anything about your drinking and things just get worse and worse. Imagine the consequences growing out of control day by day, slowly losing everything that is important to you.

Then imagine the opposite. Beside each of the items you wrote in you Diary jot down what would happen if you got rid of this nasty habit. How would your life would improve.

- » Instead of harming your relationships imagine clearly what would happen INSTEAD?

- » Instead of harming your emotions imagine clearly what would happen INSTEAD?

- » Instead of harming your physical health imagine clearly what would happen INSTEAD?

- » Instead of harming your leisure life imagine clearly what would happen INSTEAD?

- » Instead of harming your self-esteem imagine clearly what would happen INSTEAD?

- » Instead of harming your sexual health imagine clearly what would happen INSTEAD?

- » Instead of harming your mental functions imagine clearly what would happen INSTEAD?

This exercise is like a filter, it clears up your motivation so that you know where you stand with respect to the alcohol and what you can expect to happen if you something about it. Once your motivation is clear and strong, you are ready to tackle the changes that you will need to conquer this problem.

## WHAT WILL YOU TRY TO DO TO STRENGTHEN YOUR MOTIVATION?

## KEY WORDS TO HELP YOU REMEMBER STEP 1