



**FREE**  
**FROM WINE**  
**WITH EASE & JOY**

PART 1:

# Let's make a strong decision that holds

- Preparation phase: let's pop the alcohol bubbles; are the beliefs that keep us attached to alcohol.
- Let's make a strong decision that holds.
- Anchor the decision with concrete tools.



# I/I: Pop the bubbles

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- When is alcohol a problem?
- What fun is there without alcohol?
- How does life change when you put the cap on?
- How do I relax/reset my brain without alcohol?
- What's a party without champagne?
- How does other react?
- Will I become an outcast?
- Could I learn to be a moderate user?

Let's take the king down from his pedestal.



# Do I have an alcohol problem?

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- Do your thoughts often revolve around alcohol?
- Can you be relaxed in situations where alcohol is consumed, or do you focus more on your glass than on the people around you?
- Do you get a strong surge of energy and a wave of good mood when you know you can soon open the bottle?
- Do you feel ashamed and/or guilt about drinking alcohol?
- Do you drink alone?
- Do you use alcohol for comfort?
- If something *feels* like a problem, it is.



# Whats fun is there without alcohol?

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- We are used to associating alcohol with fun because alcohol is used in almost all social situations.
- Fun comes from friends and socializing– not from alcohol.
- Alcohol is a nerve agent that paralyzes. When people drink alcohol, they are happy for a brief high, but the more alcohol is consumed, the more depressed they begin to appear.
- Alcohol destroys the brain's serotonin level and causes low mood and depression.
- No drug can both cheer up and relax. Not even alcohol.



# How life changes?

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- You will never again be ashamed and regret things said or done while drunk.
  - Your child/relatives will never see you drunk, and you will always be in driving condition and able to function if something happens.
  - You no longer harm yourself but start living a life that looks like you.
  - You learn to love yourself and enjoy everyday life.
  - Being present is easy because you are free.
  - You will gain more genuine joy in your life.
  - Your brain and body will thank you when you no longer poison them.
  - You don't lose anything without alcohol, but when you're addicted, you lose your freedom.



# How will I relax without alcohol?

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- When you have freed yourself from alcohol, being present is easy and you are relaxed.
- People who use alcohol regularly are often at their most tense in situations where they are not allowed to use alcohol and/or when they have a hangover.
- Stereotypes about tight-lipped sober people don't apply in real life.
- There are many ways to relax: exercise, outdoor activities, forest, sauna, company of friends, lazing around with permission... More on these in the second section.



# What's a party without sparkling wine?

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- "I could stop otherwise, but what's a party without sparkling wine?"
- Parties are fun if there are fun people that you like. You can get away from boring parties and the company of boring people when you no longer have to drink to make yourself comfortable.
- It's more fun being sober in good company when you haven't numbed your feelings. Laughter and joy last longer without alcohol.
- You don't have to give up clinking a glass of wine, there are excellent non-alcoholic options.





# How do others react? Will I become an outcast?

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- People are not always supportive.
- It is important to protect yourself at a sensitive time and avoid people who do not approve of your decision.
- You can choose whether to tell and what to tell.
- Good friends are on your side and support you. They stay in your life and your friendship even deepens.
- Those relationships that have been based only on joint alcohol consumption may break.
- When one door closes, another opens!



# Could I be a moderate drinker?

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- According to some studies, it is possible if you are under 40 years and there is no rehab experience in the background. However, it requires at least 4 months of abstinence, and after that adoption of new habits.
- What is moderation? A large part of the heavy consumers consider themselves moderate consumers.
- Be honest with yourself: if you're a binge drinker, moderation isn't an option for you.
- If you constantly have to think about alcohol, you are not free.



# The myth of normal users and problem users

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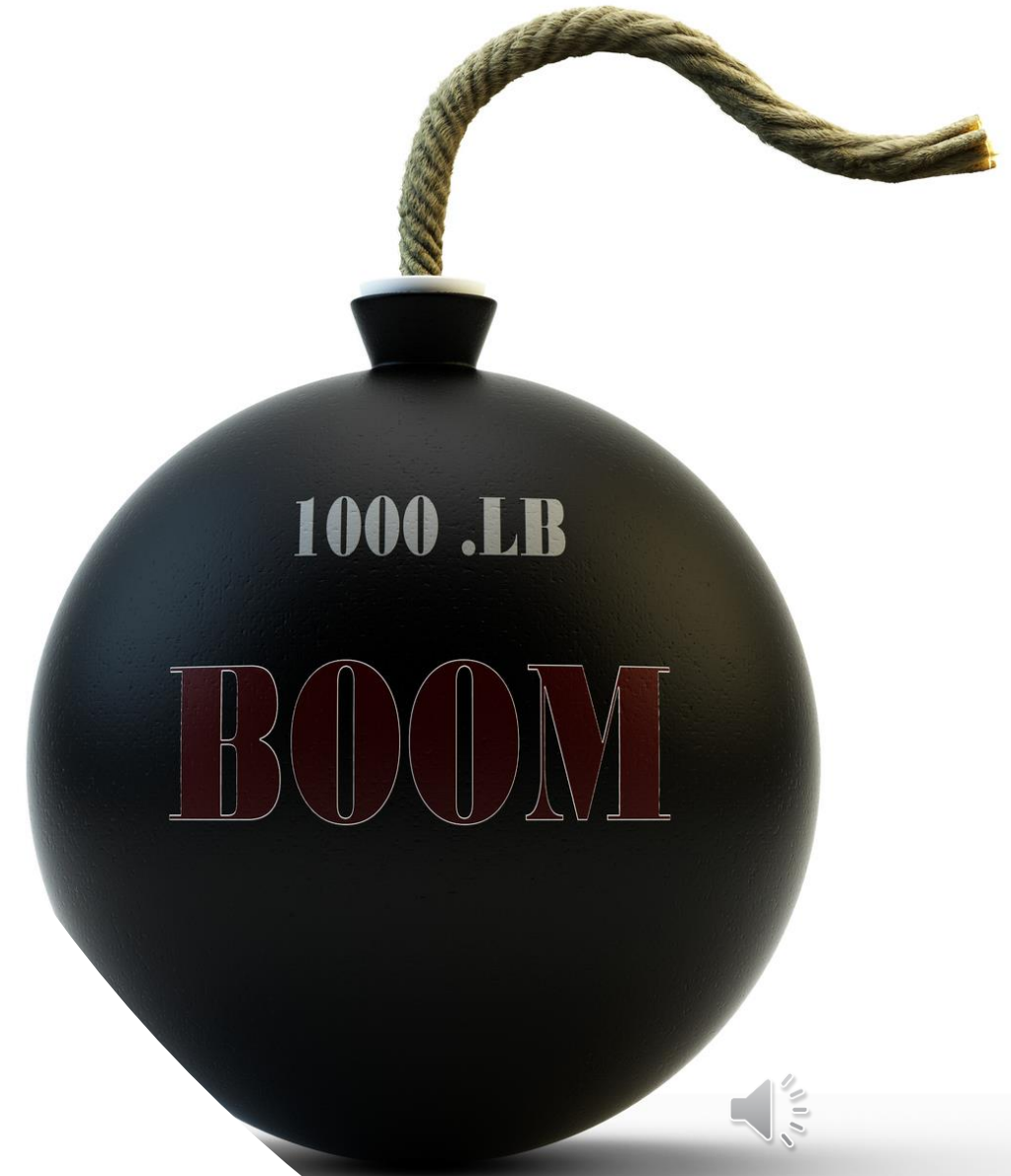
ALCOHOL..

that is, **ethanol** is a colorless, flammable and antiseptic liquid.

...is a solvent and a nerve agent.

- Regular use reduces the size of the brain, even if you drink fairly moderate amounts
- Alcohol use is linked to at least 60 diseases.
- Diseases related to alcohol use and alcohol poisoning are the most common cause of death among working-age people after cancer.
- Alcohol also causes cancer.

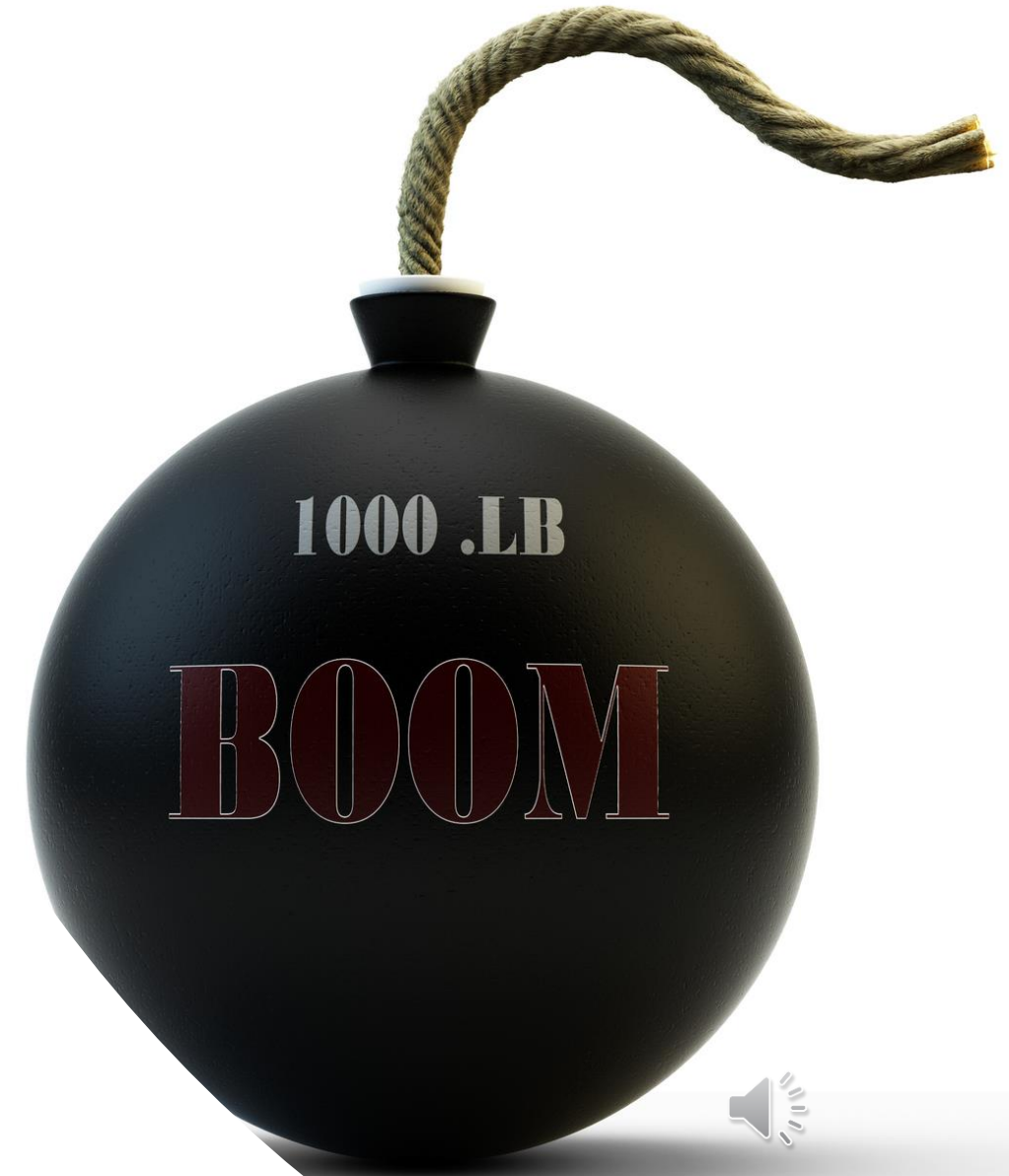
This is the same ethanol we drink, even if we drink the most expensive champagne from a crystal glass.



# Alcohol itself is a problem

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- Alcohol is one of the most addictive substance in the world. According to research, alcohol is the world's most dangerous drug.
- Alcohol is not only legal, but using it is a social norm.
- Alcohol is "supposed" to be used, but one must not become addicted to it.
- 10 % of Finns, 11 % of British and 14 % of Americans and are heavy drinkers. Most of them consider themselves normal drinkers.
- There are no problem drinkers and normal drinkers. There are only those who use alcohol and those who don't.
- The problem is alcohol. Not the people.



# First steps towards freedom

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1. You already know what you don't want. Know and decide what you do want and know what is stopping you from achieving it.
2. Associate a strong negative memory with the object of your addiction and associate a strong sense of pleasure with being free of that addiction.
3. Don't think you can't drink anymore. Think you don't have to drink anymore: you're free! Constantly work with the mind: don't let yourself fall into old thought patterns.

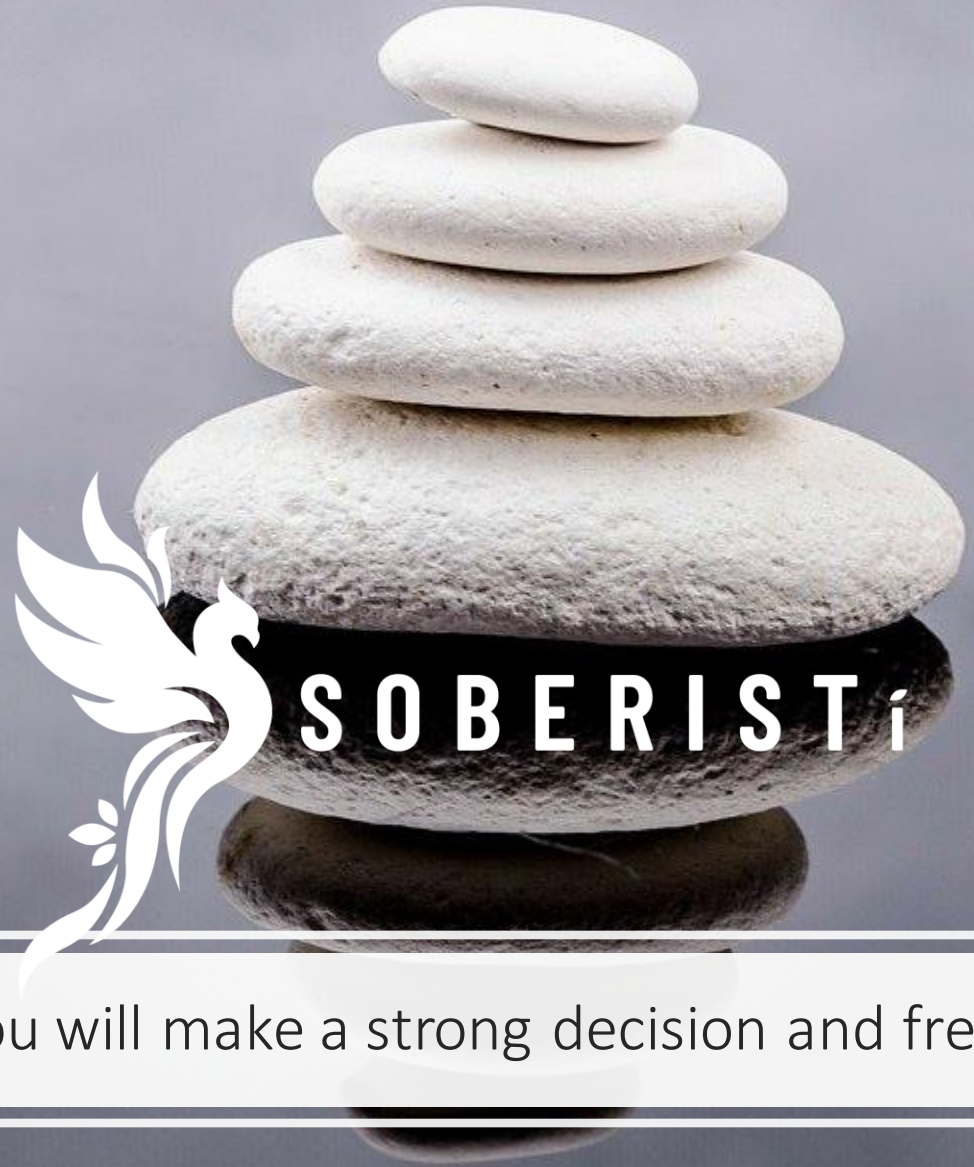
Enjoy your freedom!



# TASKS:

- Choose a notebook that you own for your release from alcohol.
- List in the notebook all the reasons why you want to get rid of alcohol.
- Think about the worst or most embarrassing experience you have had because of alcohol. Write it down to your notebook. You can also write the lists on paper and put them on the door of your fridge or in your wallet so you can find them easily.
- Think back to how you felt as a child before you had even tasted alcohol - what made you happy and how it felt. Think of happy times in your life that didn't involve alcohol.
- Dream about all the things you can do when you are free.
- Join the community of Soberistis in the Soberisti app, where you can get peer support and new sober friends.
- Book recommendations: my book: Free from wine, how life changes when you quit drinking and Allen Carr: No more hangovers.





In the next section, you will make a strong decision and free yourself from alcohol.

