

# *OSA 1/3 You anchor the decision and free yourself from alcohol*

- What gives you the strength to stick to your decision?
- Antidotes for weak moments: you get one from a doctor, others you build yourself.
- Incentives available! 7 tools for anchoring a decision.



# Hyvästit alkoholille

- Kun jätät alkoholin, kannattaa varautua siihen, että ikävöit ”vanhaa ystävääsi” alkoholia.
- Etene alkuun päivä kerrallaan.
- Voit pitää hautajaiset alkoholille
- Sen jälkeen käännet ajatuksesi tulevaan ja alat psyykata itseäsi aktiivisella ”oma-aivopesulla”.
- Väsymys ja alkoholin ikävä väistyvät vielä, ja tulet huomaamaan, että olet onnellisempi kuin koskaan.





## Antidotes for weak moments:

- The list where you have written your worst moments related to alcohol. Every time you miss alcohol, mentally go through the list.
- After you have remembered the unpleasant things caused by alcohol, use the list you have made of all the good things that will come to your life when you do not use alcohol. Visualize, see yourself strong and free.
- Remember that this is temporary: you will not always miss alcohol. You will be free, and one day you won't think about alcohol at all.
- If you feel that you need more help to quit drinking, and you can't close the cap on your own, go to the health center and ask for a prescription for the antabuse. If your problem is serious and it is dangerous for you to stop drinking alcohol suddenly, seek treatment. There is no shame in using medication to begin with, many people do that and stop taking the pills as soon as they feel they are strong enough to continue without.

# 7 additional incentives

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1. Guide your thoughts: every time you find yourself questioning your decision and sad that you "can't drink" anymore, correct your thought pattern and state that you don't **need** to drink anymore! You are free!
2. Read inspiring peer stories. Read books on the topic and read peer stories online. You can get book tips and links in your e-mail and in the Soberisti community.
3. Take advantage of the course's community.
4. Meet at first only friends you know are on your side.
5. Listen to music that lifts your spirits but doesn't trigger a craving for alcohol.
6. Replace alcohol with good-tasting alcohol-free alternatives.
7. Listen to your body, rest, go outside, take a sauna, and pamper yourself. Be kind to yourself <3





In the next section, we  
will create new  
routines and learn  
self-compassion

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