

PART II/I: Make a strong decision

- How many times have you decided to quit?
- Self-discipline is not the solution.
- Break the cycle and make a change: make a strong decision, and then decide not to ever, ever decide to stop drinking alcohol.



Tasks if you have not yet quit drinking

- Are you ready to make the big decision now? Do it! Think: You will never have to feel ashamed or feel guilty and inferior because of alcohol again! You can now free yourself from it!
- Make a strong decision and mark the date you quit drinking on a calendar or paper/booklet.
- Start actively preparing yourself for a new life and read and complete the list of all the good things that will follow when you give up alcohol. Also list the unpleasant things that alcohol brings to your life.
- When you drink for the last time, I recommend doing this: drink alcohol so that you don't have any stimulants. Then listen to your own feelings and thoughts while drinking. Don't turn on the TV or radio, don't read anything, just sit and drink. Ask yourself if alcohol makes you more relaxed. Are you having fun?
- If you can, drink enough to get a hangover. Acknowledge how you feel when you wake up the next morning. Write down your feelings, what you think about yourself and your life.
- Throw away all alcohol.



Motivational tools to help you

- Download the Soberisti app to your phone. It counts sober days and saved money and time. There you can also get peer support by joining the community, which is only for members of the course.
- Take a picture of yourself without flash in good light. Take a picture of yourself every month and you can see the change in your eyes and skin.
- Measure your waist and weight and record the readings in your notebook. In the future, measure yourself at the same time once a month. You will notice the change!
- Record in your notebook the initial situation in terms of anxiety, fear, shame, guilt, depression, fatigue. Record new readings every week and track the change. (Additional instructions as a printable file on your course page)





Next, you strengthen the decision
and implement more tools to
overcome temptations and weak
moments

