



5 Things You Must Do If You Want to Stop Drinking

Five Steps to Reclaim Your Power Over Alcohol



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Hi there,

Congrats on taking a step forward in changing your relationship with alcohol.

Tired of hangovers, guilt, and feeling trapped in a cycle of drinking? "5 Things You Must Do If You Want to Stop Drinking" offers a compassionate road-map to lasting change through five essential steps that prioritize kindness, accountability, and clarity.

Discover how to transform your relationship with alcohol and embrace a life led with energy, confidence, and joy.

If you're here, chances are you've been questioning your relationship with alcohol for a while. This guide offers my top 5 tips to help you finally create lasting change—without shame, strict rules, or deprivation.

I hope you find it helpful,

Warmly,

A handwritten signature in black ink that reads "Sarah Connelly". The script is fluid and cursive, with the first letters of "Sarah" and "Connelly" being capitalized and prominent.

Sarah Connelly | Grey Area Drinking & Lifestyle Coach



1. Stop Beating Yourself Up

Choose to be kind and understanding, rather than critical and judgmental

- Why It Works:

Most people try to change through shame. But neuroscience shows that self-criticism activates the same stress systems in the brain that drive us toward unhealthy coping (like drinking).

Compassionate self-talk, on the other hand, activates the pre-frontal cortex—your decision-making superpower.

→ What to Do:

Start by catching your inner critic in action. When you hear “What’s wrong with me?” or “I’ll never change,” pause.

Then try replacing it with:

“I’m learning.”

“That wasn’t helpful, but I’m not giving up on myself.”

Reflection Prompt

“What would I say to a close friend who was struggling the way I am right now?”

Pro Tip:

Keep a journal where you write down one kind thing you said to yourself each day. This small practice rewires the brain for resilience.

Summary

Most people try to change through shame—but shame fuels the cycle. Real change begins with compassion.

Kindness soothes your nervous system and boosts decision-making capacity. It helps you stay grounded rather than reactive.



2. Have A Crystal Clear Reason

Know Your “Why”

→ Why It Works:

In the absence of a strong “why,” the fading effect bias kicks in. You forget the regret and remember the wine-soaked laughter.

Having a clear, emotionally charged reason helps you stay anchored when your mind tries to rewrite history.

→ What to Do:

Write a “Why I’m Doing This” list. Include both what you want to gain and what you’re done putting up with. Read it aloud each morning. Remember, you may feel like you’re missing out if you don’t drink, but think of all the things you miss out on if you do, for example; restorative sleep, physical health, mental health, clarity, confidence, congruency...

Reflection Prompt:

“What am I most excited to gain from this break? What am I most relieved to leave behind?”

Example:

“I want to wake up clear and energized.”

“I’m tired of pretending I’m okay when I’m not.”





Summary

The brain is wired to chase meaning and avoid pain. Writing your compelling and aspirational why activates deeper motivation.

Anchoring to a meaningful reason is your compass.



3. Reduce Temptation – Make It Hard to Drink

Your Environment Matters

→ Why It Works:

Your brain seeks the path of least resistance. If alcohol is visible, easy to reach, and tied to nightly rituals, the habit loop is reinforced. Changing the environment is one of the fastest ways to disrupt this loop.

→ What to Do:

- Clear alcohol from the house or make it inaccessible.
- Replace the ritual: swap the wine glass for a sparkling water in a fancy glass or a new herbal tea blend.
- Change your evening routine. Replace “wine o’clock” with a short walk, shower, or a mocktail and journaling session.
- Make sure your new routine is something you look forward to and enjoy doing.

Reflection Prompt:

“What time of day do I most crave a drink?
What can I try instead, even for just 10
minutes?”

Summary

If alcohol is easy to access, your brain will default to the old habit. The easier you make the new path, the more likely you’ll follow it.





4. Be Accountable – Don't Go It Alone (Tell Trusted People)



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→ Why It Works:

Accountability increases follow-through by up to 95% according to behavior change research. When you declare your intention to someone supportive, it becomes real. Even one trusted person makes a difference.

→ What to Do:

- Tell a friend, partner, or coach: “I’m taking a break to see how good I can feel.”
- Join an alcohol-free community or even a private group chat.
- Celebrate wins together, no matter how small.

Reflection Prompt:


“Who in my life would support me without judgment? What would I want them to say if I struggled?”

Pro Tip:


Use low-pressure language like “I’m doing a 30-day pause” or “I’m experimenting with alcohol-free living.” a trusted person creates commitment and support. Even one conversation can change everything.

Summary:

Accountability activates the social part of the brain that values connection and trust. It helps you stay aligned with your goal.



5. Focus on What You're Gaining



Rewire Your Brain for Rewards

→ Why It Works:

Your brain is wired to seek rewards. If you focus only on what you're missing, staying alcohol-free feels like punishment. But if you tune into your gains—better sleep, clearer skin, improved mood—your brain starts craving not drinking.

→ What to Do:

- Keep a “Daily Wins” log. Track things like energy, sleep, confidence, or calm.
- Reward yourself for each alcohol-free day—read, watch your favourite show, or take a long relaxing bath.
- Visualize the kind of person you're becoming.

Reflection Prompt:

“What have I already noticed changing—physically, mentally, or emotionally—since I reduced or stopped drinking?”


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Pro Tip:

Post your wins somewhere visible. What gets rewarded, gets repeated Summary

Your brain craves dopamine. The more you notice and celebrate the benefits of not drinking, the more motivated you'll feel.

Celebrating wins (big or small) boosts feel-good chemicals and builds momentum.



Final Thought

- 1. This isn't about doing everything perfectly.**
- 2. It's about building a life you no longer need to numb.**
- 3. Start with one action.**
- 4. Add another tomorrow.**
- 5. Let your reasons lead the way—and your kindness carry you through.**



Want Support?

5 Things You Must Do If You Want to Stop Drinking

Join the 30-Day Power Pause—
a powerful reset designed to help high-
achieving professionals take control of
their energy, mood, and mindset without
alcohol.



→ Learn More and grab more free
resources at www.sarahconnelly.com.au



FREE GUIDES

EXPERIENCE THE JOY OF MISSING OUT!