# THE NEW SOBRIETY

## WEEK 2

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# WEEK 2

## GOAL

By the completion of this module, you will have a better understanding of the variety of reasons why we drink, and why it may have been so hard to stop before now. You will start moving confidently, yet cautiously into the *30-Day Sobriety Challenge*.

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# 2 WHAT WE'LL COVER

1. Why do we drink, and why do we become interested in moving past it? - **Interview with Dr. Alice Bandy** (30 min)
2. Memorize the ***Change Directive***. It only feels corny until you start believing it. Say it once daily for 30 days.
3. Anticipate withdrawal, and take care of yourself.
4. Pattern interrupts and overcoming Resistance.

# DIRECTIVE.

# PART 1

## WHAT

I believe in my capacity to change, and to create lasting, positive change.

## WHY?

I already am.
I already have.

What have you changed?

## HOW.

I'm making daily, conscious choices that better serve my longterm well-being.

# DIRECTIVE.

# PART 2

| I choose | over |
| --- | --- |
| vitality | hangovers |
| clarity | distraction |
| compassion | judgment |
| soul | ego |

# WHAT ARE YOUR VIRTUES? PART 1.

Acceptance
Accountability
Ambition
Assertiveness
Beauty
Benevolence
Bravery
Caring
Charity
Caution
Cleanliness
Commitment
Compassion
Confidence
Consideration
Consistency
Contentment
Cooperation
Courage
Courtesy
Creativity
Curiosity
Defiance
Dependability
Detachment

Determination
Devotion
Diligence
Discernment
Discretion
Discipline
Eloquence
Empathy
Enthusiasm
Excellence
Faith
Faithfulness
Fascination
Flexibility
Focus
Forbearance
Forgiveness
Fortitude
Friendliness
Frugality
Fun
Generosity
Gentleness
Grace
Gratitude

Helpfulness
Honesty
Honor
Hope
Humbleness
Humility
Humor
Idealism
Inspiration
Integrity
Impartiality
Industry
Innocence
Joyfulness
Justice
Kindness
Knowledge
Liberality
Love
Loyalty
Magnanimity
Majesty
Meekness
Mercy
Moderation

Modesty
Obedience
Openness
Orderliness
Patience
Peace
Perseverance
Persistence
Piety
Prudence
Punctuality
Purposefulness
Reliability
Resoluteness
Resourcefulness
Respect
Responsibility
Restraint
Reverence
Righteousness
Selflessness
Self-sacrifice
Self-improvement
Service
Sensitivity

Silence
Simplicity
Sincerity
Sobriety
Spirituality
Spontaneity
Steadfastness
Strength
Tact
Temperance
Thankfulness
Tolerance
Toughness
Tranquility
Trust
Trustworthiness
Truthfulness
Understanding
Unity
Wisdom
Wonder
Zeal

# DIRECTIVE.

# PART 1.

## THE NEW SOBRIETY

I believe in my capacity to change,
and to create lasting, positive change.
I already am. I already have.
I'm making daily, conscious choices
to better serve my longterm well-being.

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# THE NEW SOBRIETY

I choose vitality over hangovers.
I choose clarity over distraction.
I choose vision over convenience.
I choose My Voice over any others.

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# THE STRUGGLE IS REAL.

## Detox Timeline

There is no specific and concrete timeline for alcohol withdrawal; however, it is typically held that withdrawal will follow the following general timeline, as detailed by the National Library of Medicine (NLM):

- *Roughly 8 hours after first drink:* The first stage withdrawal symptoms may begin.
- *After 24-72 hours*: Symptoms generally peak in this time period, and stage 2 and 3 symptoms can rapidly manifest.
- *5-7 days later*: Symptoms may start to taper off and decrease in intensity.
- *Beyond the first week:* Some side effects, particularly the psychological ones, may continue for several weeks without treatment.

**Source**: americanaddictioncenters.org/withdrawal-timelines-treatments/alcohol

# AMPLIFY YOUR SELF-CARE

## SOUL

- Meditation
- Inspiring Reading
- Writing/Reflection
- Life Capture
- Nature. Trails…
- Podcasts, AoaY audio

## VITALITY

- Running (3-4x wk)
- Movement (all day)
- Juicing, Alkalizing
- Fasting, Right Eating
- Energization Exercises
- Lifting / Gym
- Biking

## FAMILY

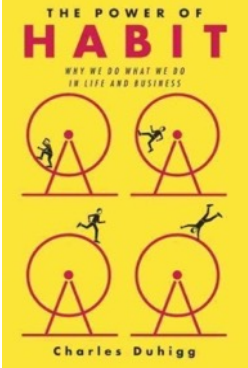
- Phone-free meals
- Hugs
- Deep Communication
- Eye contact
- Adventure, Crazy Silliness
- Wii-U, Movie Night

## ART

- Journaling
- Writing / Songwriting
- Singing with Elliott
- Blaring Tunes
- Playing music

## WORK

- Conscious Communication.
- Inspired / Most meaningful projects.
- Integrated Self-Care
- Adventure Errands
- Team Connection, Coaching




# ROUTINE

- Make a Smoothie
- Make a cup of tea
- Meditate
- Recite your *Change Directive*

# CUE

- Time of day
- Stressful situations
- Weekend / Time of week
- Certain relationships

# REWARD

- Treat
- Take the edge off
- Nourishment
- Tasty Goodness

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SIMPLE GREEN SMOOTHIES

RAWKSTAR SHOP

SEARCH THE SITE

NEW HERE? BLENDERS RECIPES MEAL PLANS BOOK BLOG FREE CHALLENGE

ALL BANANA-FREE DESSERT DIY IMMUNITY BOOSTERS KID-FRIENDLY RAWKSTAR GOODS SEASONAL SIMPLE

68.3kShares

ALL-NATURAL COLD AND FLU REMEDY

CRANBERRY KALE COOLER

SPICED ALMOND MILK

THRIVE: A 7-DAY RESET

# ASK YOURSELF OUT.

Treat yourself to a few sober hours out.

Cafe, juicebar, museum, movie… GET CREATIVE.

# WEEK 2 HOMEWORK

1. Memorize the ***Change Directive.***
2. Where do you expect to experience withdrawal? **Increase your self-care.**
3. **Get away** for a few hours. Solo time out.
4. Kick-Off the ***30-Day Challenge!***

THE NEW SOBRIETY

# CLOSING THOUGHTS.

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# BE THE CHANGE, SUCKA.

NEVER let your faith waver in your ability to change.

It's the 1 thing we can control that alters, and upgrades our experience.

# BE THE CHANGE, SUCKA.

When you lose faith in your ability to change,
you are SCREWED.

You become an older version of the scared
idiot you were in high school.

Game over.

# BE THE CHANGE, SUCKA.

We all have a long way to go, but that's the journey of life.  We must stay firmly rooted on our path toward improvement.

Perfection is futile.

Improvement is the eternal quest.

# THIS.

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# THIS.

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# #1 OF 30

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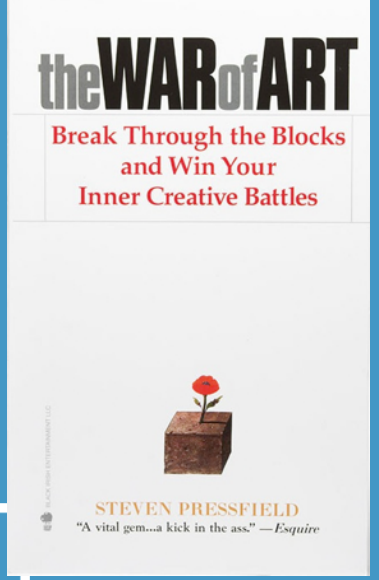
*"The more important an activity is to your soul's evolution, the more Resistance you will feel."*

**-Steven Pressfield**

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