**~ Losing the Boozing ~ Worksheet 1 - May 2019**

***Note, beautiful people:*** *this helpful awareness worksheet is not about judgement! It’s a simple series of questions to uncover your patterns and triggers around alcohol. It will allow you to ascertain if/when you are winning or learning, and if you want to make changes - or not. This is all about self-observation, awareness and compassion not judgement. Please be KIND to yourself!*

**Describe your relationship with alcohol:**

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**How has it changed over time?**

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**What’s your favourite drink?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**When do you “need” a drink?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**When have you had a fantastically good time with booze?**

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**What FEELING do you look to booze to help you feel?**

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**Who are you WITH booze?**

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**Who are you WITHOUT it?**

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**What does YOUR BODY have to say about alcohol?**

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**Have you ever drunk online shopped? Drunk texted? Drunk had a shouty row? Drunk eating? What’s your most destructive drunken behaviour?**

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**How do you FEEL the day after a boozy night out?**

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**What happens to your EATING after a boozy night out?**

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**What happens to your SLEEP after a boozy night out?**

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**What happens to your EXERCISE / MOVEMENT after a boozy night out?**

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**What happens to your COMMUNICATION after a boozy night out?**

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**What happens to your PRODUCTIVITY after a boozy night out?**

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*Okay Sweetpea – well done! I know that might have been a toughie for some of you – as we shed some light on our relationship with alcohol it can be a little uncomfy. Remember – this is a process of observation, compassion and learning – without judgement. Head on over to the Tutorial and get stuck into your tools for the month!*

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