

# EMBODY DAILY

CHANGING RELATIONSHIP TO ALCOHOL, SELF & LIFE

## Overcoming Obstacles and Setting Goals on the Sinclair Method

Any change in life can feel challenging and overwhelming at times – including changing your relationship to alcohol. When feeling stuck or challenged, it can be helpful to clearly identify and name your specific obstacle(s), and then establish mini-goals that you can achieve on an ongoing basis. Use this worksheet to help you identify your current challenges, short term and long term goals in changing your relationship to alcohol.

1. What is your current challenge with TSM?

*Example: I am drinking everyday on TSM and I want to be drinking less. I feel like I hit a plateau in my reduction and I feel stuck.*

2. What is your current “big picture” long term ideal end goal with TSM?

*Example: To reduce my drinking to 2-3 days per week and maintain consistency with that. Note: Think of the big picture goal like the objective of a soccer game - which is to get the most goals and win. If we don't at least know the objective of a game, we won't know how to play or when we're doing right or wrong. But once we know the objective, we can play and operate within the "boundaries" that help us achieve that objective. The players are not playing moment to moment thinking about the end objective, but rather thinking about how they can play right now knowing they are working toward a larger objective.*

3. What are the “rewards” you are currently getting by your current “challenge” on TSM?

*Example: Allows me to escape. Relaxes me. I can feel “detached” from life. Alone time. I feel numb.*

4. What are the “negative” effects of your current “challenge” on TSM?

*Example: I feel like I'm in a mind fog. Not as sharp at work. Slight risk of losing my job. Less energy. Lower confidence. Poor health. Poor eating habits.*

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5. Now pick ONE of the negative effects from question #4 above that you'd like to MOST see improve. Then outline the benefits (if any) and negatives of this consequence.

*Example: Not as sharp at work - benefits - NONE. Negatives: help less people, lower performance, lack of confidence, feel stuck in a cycle, less engaged, less happy, less fulfilled.*

6. Now let's flip that negative effect around and outline what would happen if you experienced the opposite of that negative effect.

*Example: Not as sharp at work becomes MORE SHARP AT WORK. Benefits of this: more creativity, more energy, more clarity, more passion, more confidence, more control, potential for promotion.*

7. Now that you know the most positive outcome that you are after and why, let's set a SMART Goal that you can practice daily. SMART = Specific, Measureable, Achievable, Relevant, Time Bound.

*Example: For the next 30 days, add 2 alcohol free days per week to my regimine - Monday and Thursday.*

8. Now that you've set a SMART goal, let's outline a game plan for you to achieve this.

*Example:*

- a. *If/when a craving hits on a non-drinking day (Monday and Thursday), become curious around it (see tip sheet for curiosity practices). Consider journaling, or recording an audio or video of your experience with this.*
- b. *Engage in other 'endorphin producing' activities on non-drinking days.*
  - i. *Monday - go to night workout class at the gym*
  - ii. *Thursday - watch a funny movie with friends*
- c. *Imagination exercises - practice daily holding a clear "picture" in your mind of specifically what it will look like when you are MORE SHARP AT WORK, and when you are NOT DRINKING on Monday and Thursday.*
  - i. *Example: Picture what you'll be doing on Monday/Thursday instead of drinking. Experience it clearly in your imagination. Imagine yourself giving a presentation at work that you knock out of the park. Experience that excitement, see and feel yourself getting great feedback from colleagues. Feel the confidence you'd have after doing a great job and being acknowledged for it.*

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9. Identify a reward that you will give to yourself when you achieve your SMART Goal.

*Example: On Monday when I don't drink, I will take myself out to my favorite restaurant that same time and splurge on my favorite meal as if it were my last meal!*

*On Thursday when I don't drink, I will take myself to get a massage.*