

## **THE ALCOHOL OFF SWITCH**

### **9 STEPS TO STOP DRINKING ALCOHOL**

**BY THE ALCHOL OFF SWITCH**

Are you tired of saying "***I feel rough,***" or I have "I am not drinking again"?

If this sounds like something that you say waaay too much...please read on

### **BENEFITS OF QUITTING DRINKING**

If you have decided that you are now ready to quit drinking alcohol, then congratulations!

Alcoholism is a disease that can have a drain your finances, your health, your friends, and your family. Breaking the cycle of alcohol addiction will be

difficult. But the benefits will far outweigh the effort in the long run. Here are some tips on how to stop drinking.

## **HOW TO STOP DRINKING (IN 9 STEPS)**

### **#1 AT FIRST, ADMIT TO YOURSELF THAT IT ALCOHOL IS A PROBLEM**

The first strong step to quitting alcohol is to accept that you actually have a problem, often a step that is overlooked!

Do not convince yourself that alcohol is not having a negative impact on your life and those around you..

Take responsibility and acknowledge what alcohol is doing to you.

### **#2 SEEK AND USE HELP.**

Make no mistake, for the chronic or long-term user, alcohol is difficult to quit. There is no need to do the journey alone.

Friends and family, professional support such as counsellors, the ever-growing internet and all of the support groups around.

There is a substantially higher chance of you getting and remaining sober with a strong support network in place. The right friends may discourage you from drinking during social hour.

[Join our private Facebook Group](#)

### **#3 START HAVING A POSITIVE OUTLOOK ON LIFE**

To make positive changes, we HAVE to look at ourselves in a positive manner. Remaining negative will only fuel your drinking habit.

You can kick drinking to the side as long as you focus on getting there.

Do not be harsh to yourself about the lack of sobriety. Don't become upset or defensive when others try to help you.

Stay positive, and in the knowledge that you can and will remain sober.

#### **#4 DECIDE ON A PLAN OF ACTION.**

It may sound like a strange 'action' to take, but have you actually decided on your approach on how to quit drinking?

Often, people decide to go 'cold turkey' – just stop drinking, while others may decide to reduce consumption over a period of time.

Whatever your approach, make sure you are clear on what you are doing.

[Join our private Facebook Group](#)

#### **#5 DITCH ANY BOOZE THAT YOU HAVE**

If you have alcohol at home, get rid of it.

Not having alcohol to hand will make temptation all the less. You have decided somewhere along the line that you wish to reduce or remove alcohol from your life – why else would you be reading this?

Do yourself an massive favour and get rid of alcohol that is easily available, wherever possible. Be kind to yourself.

#### **#6 PREPARE YOURSELF FOR WITHDRAWAL.**

Alcohol withdrawal can be one of the hardest parts of quitting drinking that you many experience.

Disclaimer – do not use this guide as medical guidance. If you are planning on quitting alcohol, please seek medical advice regarding physical withdrawal.

Mental withdrawal can often last a long time. Missing drinking, even romanticising alcohol. Remember - it for what it is, an addictive drink that also poisons your body.

Remind yourself to stay focused, once you get over withdrawal....life is just so much better than ever.

#### **#7 STAY AWAY FROM TEMPTATION.**

Life is life and let's be realistic about this. We will be in places in our lives that alcohol is around us, and

temptation can often be around the corner. Often we let our guard down and we break sobriety.

Give yourself the best chance by being aware of such triggers, thinking about them and how you will combat the situation. Planning before hand will increase your chances of success that much more. If it sounds like mission impossible, then try to avoid those situations. You have to be kind to yourself and put your sobriety first.

#### **#8 AVOID TRIGGERS.**

For some people, they will turn to drink when they are feeling stressed out. Learn what your stress triggers are and figure out how to manage those triggers instead of turning to alcohol.

#### **#9 FIND A SUPPORT GROUP.**

Finding a support group is an amazing way to maintain sobriety. Hearing and seeing first-hand what people are experiencing tends to be a super motivator.

With the explosion of the internet, there has never

been a better or easier way to connect with people who are trying to do exactly what you are.

Of course, [join our own FB group here](#), or any of the many others. Whoever you find, once you connect with your own tribe then the journey becomes that much more amazing.

## **WHAT HAPPENS WHEN YOU STOP DRINKING?**

While getting sober, it helps to constantly remember the benefits, it is just a pure positivity booster (so use it!

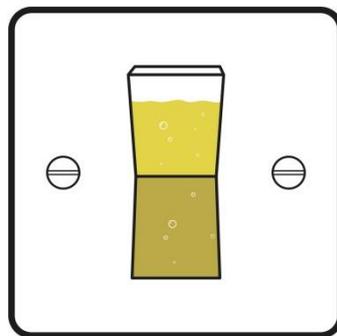
Here is what happens when you stop drinking:

- Your mind becomes clear.
- Your sleep health improves.
- You'll potentially lose weight (alcohol contains a lot of calories).
- You will have more money in the bank account.
- Your risk of heart disease, liver cancer, and other health problems will decrease.
- Once the addiction is over, your body will no longer experience cravings.
- You will feel healthier, stronger, and more mentally fit.

These are just a few of the [benefits living a teetotal lifestyle](#). Often, the benefits are so personal and specific to the individual.

Enjoy that tailor-made feeling 😊

**THE ALCOHOL OFF SWITCH IS AN ONLINE SUPPORTIVE COMMUNITY THAT IS DEDICATED TO LEADING AN ALCHOL-FREE LIFE.**



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[Thealcoholoffswitch.com](http://Thealcoholoffswitch.com)