



drink less
FEEL FREE

COMMITMENT

Your commitment to stop overdrinking has to be epic.

If I told you that I would give you 10 million dollars if you stayed on your protocol or kill someone you loved if you didn't, then the decision would be easy. This gives you a tremendous amount of freedom. This gives you the ability to override willpower depletion. This work is as good as done when your reason for doing it is more compelling than the physical cravings and emotional desire.

1 What is the reason you want to decrease your drinking?

2 Do you believe this reason is compelling enough to keep you from EVER overdrinking?

3 Are you willing to give up alcohol as you know it to have the freedom from overdrinking?

4 Can you live without the escape and buffering that drinking provides?

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5 Are you willing to feel worse before you feel better?

6 Will you continue even when results do not come quickly?

7 Are you willing to embrace not being normal to refrain from drinking like most normal people? Why or why not?

8 How do you imagine you can fulfill all this in commitment to yourself?
