



drink less  
FEEL FREE

# REHEARSING THE NEW YOU

---

- 1 Write ten beliefs you will need to adopt as the new version of yourself:

*What will you believe? What will you think? An easy way to help yourself here is to ask yourself what you would be thinking if you were already drinking less. What would you be saying to yourself? What would be your opinion of yourself?*

① \_\_\_\_\_  
\_\_\_\_\_

② \_\_\_\_\_  
\_\_\_\_\_

③ \_\_\_\_\_  
\_\_\_\_\_

④ \_\_\_\_\_  
\_\_\_\_\_

⑤ \_\_\_\_\_  
\_\_\_\_\_

⑥ \_\_\_\_\_  
\_\_\_\_\_

⑦ \_\_\_\_\_  
\_\_\_\_\_

⑧ \_\_\_\_\_  
\_\_\_\_\_

⑨ \_\_\_\_\_  
\_\_\_\_\_

⑩ \_\_\_\_\_  
\_\_\_\_\_

# REHEARSING THE NEW YOU

---

## 2 Memorize these ten beliefs

- ◆ *Record the beliefs with your cellphone's voice memo.*
- ◆ *Listen to the memo several times a day.*
- ◆ *Write down your beliefs multiple times each day.*
- ◆ *Type the beliefs several times daily.*
- ◆ *Read and recite the beliefs several times a day.*
- ◆ *Practice saying the beliefs out loud without looking at your list.*
- ◆ *Print out your list and take it with you so you can practice throughout the day.*

Once you can recite them perfectly, move onto #3.

## 3 Associate, visualize and practice your emotion for the beliefs. For each belief you list, associate a feeling with it. Type out the belief and the emotion you believe it will create when you believe it.

When you practice these new beliefs with emotion, remind yourself that success will come when you can let go of who you are and be someone else.

Practice the beliefs with emotion until it is effortless.