

Bottled Up

Principle 1 STOP

The exercise for this mailing is designed to give you some insight into how much time and effort you spend focussing on his/her drinking.



Principle 1

This is the first of the workbooks in the Bottled Up program and we hope that you will make a point of working through all of the exercise books. They are important. By completing the exercises you will be launching yourself on the journey to change your circumstances.

Please don't just read the workbooks – engage with them. Just as reading a book about fitness won't get you fit, it is the same with behaviour change. You need to put in the effort for both.

Remember, and this is very important, there are NO right answers. All you are being asked to do is to describe what is happening to YOU, so all answers that you give are relevant – even if you think that someone else might disagree.

You are the expert in this situation.

Start by creating a new folder on your computer where you can save the workbooks for future reference. You may want to make the folder password protected, for your own peace of mind.

Now let's get started.

Exercise 1

For this, the start of your journey the buzz word is STOP!!

The exercise for this mailing is designed to give you some insight into how much time and effort you spend focussing on his/her drinking.

You probably spend much more time than you realise, time that could be spent on much more productive and enjoyable activities. However, until you can actually identify where the time is spent and what you can STOP doing, little will change.

So do you spend time worrying about his/her drinking, before, during and after it happens and maybe even when it is not happening? Do you spend a lot of time hunting for bottles, or arguing about how much he/she drinks?

We recognise that building a life for yourself seems like an impossible task as you are spending so much time maintaining your sanity because of the drinking. For that reason, this exercise is designed to identify where your time is spent and how you could possibly release some time for you.

We know it is a big ask, to do this task on top of your already busy life but please make the time for it. It could be the start of setting you free.

Instructions

On the next page you will see a table with 4 columns –

When – enter the time and date of the incident eg
Thursday 17th October at 12midnight.

Circumstances – enter anything that describes the event eg at
home he came in late and drunk

Your reaction – I spent 4 hours worrying about drinking. When
she/he came home we had a massive
argument

What could you do different? – eg When I know he/she is late and
drinking I could go to bed. I will not engage in
conversation with him/her and will not let
myself be drawn into an argument

Complete this workbook for the next 14 days and you should start to
see areas of your life where the drinking is costing you, time,
emotional and psychological energy and, almost certainly, physical
energy as well. Over the next few months we are going to start
breaking patterns of behaviour – yours – and freeing some time for
more positive patterns.

When	Circumstances	Your Reaction	What could you do different?

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