

Bottled Up

Principle 11

# Count your blessings

Let's have a look back and see what has changed

Bottled Up  
2022



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If you have stayed with us, listened to all the audios, completed all the workbooks and followed all our suggestions then congratulations.

We sincerely hope that you are starting to see change in your life and maybe even in your drinker's behaviour. We have always maintained that we cannot guarantee that your drinker will stop drinking, however we do guarantee that if you follow this program you will change. And we hope that you have found that.

John talks often about climbing a mountain in Scotland called The Cobbler. He says that it has one of the most boring and soul destroying approaches to any mountain he knows although the rest of it is wonderful. There is no time to get warmed up and stretch your legs as the climb starts on the way out the car park. It then climbs relentlessly through a wood with no view except the path ascending in front of you. There is no sense of achievement as there is nothing to judge progress against.

Then when you come out the woods and look back there is view of the loch far below you. It is then that you know that all of your hard work has been worth it.

Living with a drinker can be like climbing that mountain, it feels relentless. However, as part of this program we need to lift our heads and look back. What has changed? What has improved? Even if it is just a small thing, list on the next page.

## But what if there has been no change?

We feel that that would be unlikely. As we have said already, if you follow this program you will change, even if your drinker does not. The first half of this program was aimed at empowering you and reducing your social isolation. Has that happened?

Again as we have said change is a process, not an event. Often change can take time and we can miss the subtle changes, particularly if we become fixated on one outcome. As many wise people have said enjoy the journey, not just the destination.

We would also say, hang on in there. It took a long time to create these patterns of behaviour, they may not change overnight but if you are persistent the tipping point may be reached and change will come.

Finally, if there really is no change, or worse there is a deterioration in circumstances, then maybe you need to take stock. If you have really given this a decent try and you have not achieved anything, then may it is time to think about separation.

We set up this website and this program to help people to continue to be with their drinkers that they loved. However we were not so naive that we did not realise that this would not be possible in every case. So if you have given it a try and there has been no change then

you can make your decision secure in the knowledge that you did your best.

However we do hope that you can find some positives to put in this final workbook.

## **Changes that I have seen**

**Changes in me** (eg I feel more confident, less hopeless)

**Changes in my home** (eg it is calmer, I feel more in charge)

**Changes in my relationships** (eg we feel closer, I have people who support me)

**Changes in my drinker** (eg we can talk about drinking now, he/she drinks less often)

**Changes in any other aspect of life** (eg the kids feel more secure)