

Principle 3

Start caring for yourself

This month you are going to start doing positive things to improve your lifestyle.



Principle 3

In the last two workbooks the emphasis has been on **stopping** doing things that are unhelpful, time consuming and ineffective. This month the emphasis changes to **start** doing things that improve your lifestyle and help you to grow as a person.

As usual, we hope that you will make a point of working through the exercise. This one is especially important. For this is where your life can really start to change in a positive way.

For this exercise we want you to do something **FOR YOU!**

Yes we know that may be a scary and slightly alien concept. The partners of drinkers are almost always generous, selfless, giving people. They need to be otherwise they would not stay around. So the thought of being 'selfish' and doing something for yourself may seem strange – and maybe a bit wicked.

However not only do we give you permission – We insist!!

Now let's get started.

Exercise

This exercise should be fairly easy. We want you to make a list of things that you like, or used to like, or would like to do.

So it could be something that you did before, but have not had time to do recently. Or it could be something that you do sometimes but would like to do more often. Or it could be something that you have always fancied doing but have never gotten round to it.

Don't limit yourself at this stage, if you fancy doing it write it down, let your imagination fly and dream a little. As before there are no right answers. This is purely about you and your likes and desires.

Once you have a list of things that you would like to do, go through it and cross out the ones that are impractical, for whatever reason (eg money, time).

From the activities left on the list score them in order of preference, that is the ones that you would most like to do.

Now you have your shortlist, with one activity as number one. You should now set aside some time that you are going to do that activity. Put it in your diary, calendar, whatever you use to organise your life, just make it soon. Preferably before the next session.

| Activities that you would like to do | Score |
|---|--------------|
| | |