



The
**Sober
Curious
Journey**

WORKBOOK



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Welcome

If you're reading this, there's a good chance that part of you has started asking questions about alcohol. Those questions deserve curiosity, not judgment.

This workbook is not here to label you, judge you, scare you, or tell you who you are.

It is here to help you pause, reflect, and get honest with yourself in a safe and supportive way.

Being sober curious does not mean you have to make a dramatic declaration. It does not mean you have to call yourself anything. It does not mean you have to decide today what the rest of your life will look like.

It simply means you are willing to get curious.

Curiosity is where lasting change begins. Before anyone changes a behaviour, they first begin to question it.

Curious about how alcohol affects your body.

Curious about how it influences your mood, sleep, energy, confidence, relationships and self-trust.

Curious about why you reach for a drink and what alcohol seems to offer you.

Curious about what life might feel like with less alcohol, or without it altogether.

Throughout this workbook, you will be invited to explore your drinking patterns, your triggers, your beliefs about alcohol, and the role alcohol currently plays in your life. You will also be encouraged to

think about what you truly need — whether that is rest, connection, confidence, relief, fun, emotional support, or a different way to cope.

There is no shame here. No pass or fail.

No right or wrong answers.

Just honesty and awareness. And awareness gives you something incredibly powerful...

Choice.

You do not need to have everything figured out before you begin. You do not need to be perfect, and you do not need to know exactly where this journey will lead. All you need is a willingness to ask yourself honest questions and an open mind to explore the answers.

This workbook is an invitation to slow down, listen to yourself, and discover what might become possible when alcohol is no longer automatically at the centre of the picture.

Take your time. Pause whenever you need to. There is no finish line to race towards, only a better understanding of yourself waiting on the other side.

You are allowed to be curious.

You are allowed to change your mind.

You are allowed to want more for yourself.

We believe lasting change doesn't happen through guilt, shame or fear. It happens through understanding, self-compassion, and honest reflection. So take a deep breath, grab a pen, and begin.

Module 1: What Alcohol Really Is

The Drug We Don't Treat Like a Drug

Alcohol is one of the few drugs in the world that people often question when someone chooses not to use it. But no one talks about what alcohol really is.

What Alcohol Really Is

Alcohol is more than just a drink.
Understanding what it really is can help
us make clearer choices for our health and future.



1. A CHEMICAL

Alcohol (ethanol) is a psychoactive drug and a toxin. It is absorbed quickly into your bloodstream and affects your brain and body.



2. A CENTRAL NERVOUS SYSTEM DEPRESSANT

Alcohol slows down brain activity. It can affect your mood, memory, coordination, judgement, and self-control.



3. A SOURCE OF EMPTY CALORIES

Alcohol provides calories but no nutrients. It can affect your sleep, energy, weight, and overall health.



4. A LEGAL, NORMALISED SUBSTANCE

Alcohol is widely available and socially accepted, which can make its risks easy to underestimate. Just because it's legal doesn't mean it's harmless.



Alcohol can be enjoyable for some people in some seasons of life. For others, it can cause harm, dependence, and take more than it gives. There is no one-size-fits-all when it comes to alcohol.



The alcohol found in drinks is called ethanol (ethyl alcohol). Alcohol is a highly addictive substance. Yet from the moment we're old enough to notice, we're bombarded with messages that glorify alcohol.

Media and marketing companies have mastered the art of selling it as a shortcut to happiness, fun, and connection. From whiskey in the hands of glamorous detectives, wine at the “perfect” family dinner, or beer ads where drinking makes you the life of the party, or even the hero of the story. Everywhere we look, alcohol is shown as a harmless, everyday part of life and even a part of our culture.

But here's what's missing from those glossy campaigns: ***The TRUTH.***

Alcohol is an addictive toxin. In concentrated form, it's as poisonous as cyanide. It wrecks sleep, damages organs, fuels depression and anxiety, breaks families apart, and costs lives.

Despite being socially accepted, alcohol affects virtually every organ in the body and significantly impacts mental health, and decision-making.

You won't see that in any commercial!



How much alcohol is in your drink?

Some alcoholic drinks are stronger than others (have a higher concentration of alcohol).

In Australia:

- beer contains 0.9% to 6% alcohol
- wine contains 12% to 14%
- fortified wines such as sherry and port contain 18% to 20%
- spirits such as scotch, rum, vodka and bourbon contain 40% to 50%.

This means that for the same amount of drink, both wine and spirits will affect you faster than beer.

Standard drinks are a way to measure how much alcohol you drink. A standard drink is always equal to 10g of pure alcohol. You should always count your drinks by standard drinks, not by bottles or glasses.

All containers of alcohol in Australia must show the number of standard drinks that they contain. There are also online standard drink calculators, and bar and restaurant staff will let you know the number of standard drinks in you drink if you ask.

In Australia Health guidelines recommend no more than 10 standard drinks a week, and no more than 4 standard drinks on a single day to minimize risks to health.

How Many Standard Drinks Are in Common Drinks in Australia?

In Australia, 1 standard drink = 10 grams of pure alcohol.



These are approximate examples.

Standard drinks vary by size and alcohol %. Always check the label.

1

375 mL
full-strength beer
can or bottle (4.8%)



1.4

standard drinks

2

425 mL
schooner of
full-strength beer
(4.8%)



1.6

standard drinks

3

570 mL
pint of
full-strength beer
(4.8%)



2.2

standard drinks

4

150 mL
glass of wine
(12.5%)



1.5

standard drinks

5

750 mL
bottle of wine
(12.5%)



7.4

standard drinks

6

30 mL
shot of spirits
(40%)



1

standard drink

7

700 mL
bottle of spirits
(40%)



22

standard drinks

8

375 mL
premixed spirit
can (5%)



1.5

standard drinks



Tip: A standard drink is often smaller than a typical serve.

A 'normal' glass or container may contain more than 1 standard drink.

Real Stories



 Elizabeth, 42 



Growing up in the UK, alcohol was simply part of everyday life. Most weekends, my parents would take my brothers, sisters and me to the local pub or working men's club, and it never felt unusual. It was just what families did.



We'd spend hours playing with the other children while the adults socialised. We looked forward to going because it was fun, and some of my happiest childhood memories were made there.



Birthdays, weddings, Christmas celebrations, anniversaries and family gatherings all seemed to revolve around places where alcohol was at the centre. As a child, I never questioned it. Drinking wasn't something that stood out—it was simply woven into everyday life.



As I grew older, I naturally followed the same path. After all, it was what I had always known. It wasn't until many years later that I stopped to ask myself a question I had never considered before:



“ Was I choosing alcohol because I genuinely wanted it, or because it had always been presented as a normal part of life? ”



That single question changed everything.

Reflection Questions

Think about the messages about alcohol that you received growing up?

Examples:

- Drinking is normal.
- Drinking means having fun.
- Drinking helps you relax.
- Drinking is how adults socialise.
- Drinking is how you celebrate special occasions.
- Drinking is a reward after a hard day's work.

Write down the beliefs you were taught and whether they still serve you today.

Has anything you've learnt in this module challenged the way you think about alcohol?

If alcohol wasn't part of your life, what might be different?

What emotions came up while working through this lesson?

Action

Read the label on your favourite alcoholic drink.

Look at the alcohol percentage and notice how much alcohol is actually in what you normally drink.

Record it here:

Type of alcoholic drink

Alcohol %

Number of Standard Drinks

From Me to You... Before You Move On...

The purpose of this lesson was never to make you feel guilty about alcohol. It was simply to help you see it more clearly.

For many of us, alcohol has been presented as the solution to stress, celebration, connection, or relaxation. Taking the time to understand what it really is allows you to make choices based on facts rather than marketing, habit, or expectation.

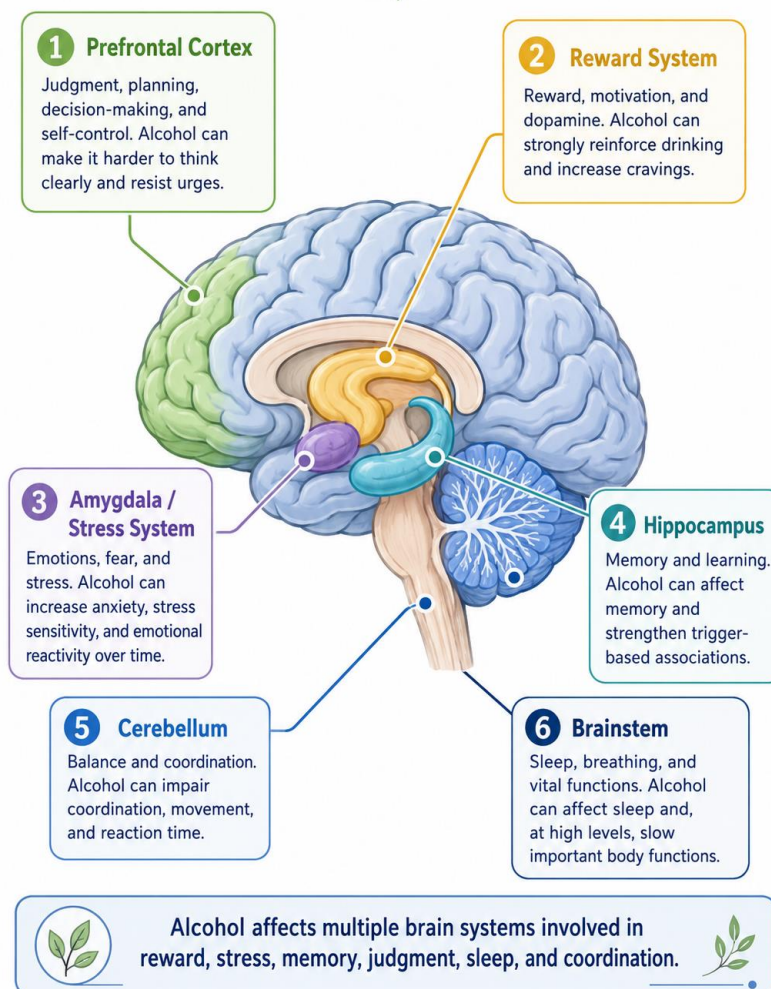
Remember, you don't need to decide today whether you'll drink again or what your future will look like. You only need to stay curious. Awareness is the beginning of change, and by completing this first module, you've already taken an important step forward.

Module 2: Understanding Alcohol and the Brain

Feeling a lack of control with alcohol is not a weakness, a lack of willpower, or a sign that someone is a bad person. Alcohol impacts areas of the brain that affect motivation, reward, decision-making, memory, stress, and self-control.

Alcohol can change the way the brain learns, responds to stress, and seeks relief. These changes help explain why someone may continue drinking even when part of them desperately wants to stop.

How Alcohol Affects the Brain



Key Brain Areas Impacted by Alcohol

1. The Reward System / Dopamine / Glutamate

The reward system helps the brain notice what feels good, important, or worth repeating.

Alcohol can activate this system and increase dopamine, a chemical messenger involved in reward, motivation, and learning. At first, drinking may feel relaxing, pleasurable, or relieving.

Over time, the brain can become used to this artificial reward. This means a person may need more alcohol to get the same effect. This is called tolerance.

Eventually, alcohol may stop feeling enjoyable and start feeling necessary. A person may drink not to feel good, but to feel normal, steady, or less uncomfortable.

2. The Prefrontal Cortex

The prefrontal cortex is the part of the brain involved in planning, judgement, decision-making, impulse control, and thinking about consequences.

Heavy alcohol use can make this part of the brain harder to access, especially when cravings, stress, or strong emotions are present.

This is why someone may know alcohol is harming them but still find it incredibly difficult to resist the urge to drink. The problem is not that they do not care. The problem is that alcohol can weaken the brain's ability to pause, think clearly, and choose long-term wellbeing over short-term relief.

3. The Amygdala and Stress System

The amygdala is involved in emotions, fear, threat detection, and stress responses.

Over time, repeated drinking can make the brain and nervous system more sensitive to stress. This can leave a person feeling more anxious, irritable, flat, overwhelmed, or emotionally reactive when they are not drinking.

Drinking again may temporarily reduce this discomfort. This can create a powerful cycle. We can find ourselves no longer only chasing pleasure but also trying to escape discomfort.

4. The Hippocampus

The hippocampus is involved in memory and learning.

Addiction can create strong memories connected to alcohol or drug use. The brain remembers not only the substance itself, but also the people, places, emotions, smells, times of day, routines, and situations connected to it. This is why cravings can be triggered suddenly.

A stressful day, a particular place, a song, a smell, payday, loneliness, or an argument can activate old brain pathways and make the urge to drink feel intense. These are not lack of willpower but learned associations in the brain.

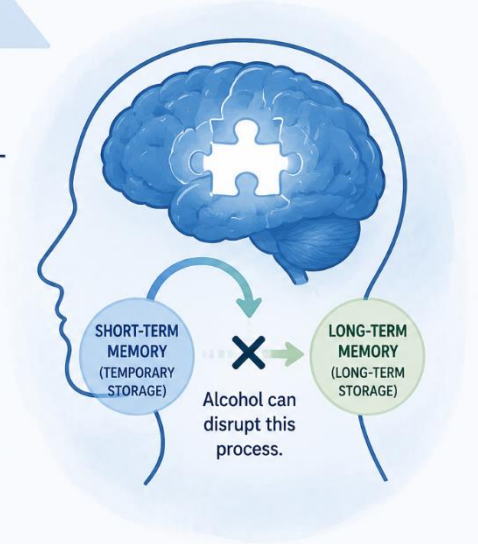


Did you know?

A blackout does **not** mean your brain just “forgot” what happened — it means your brain may not have stored the memory properly in the first place.

.....

When someone drinks enough alcohol, it can **temporarily disrupt** the part of the brain that helps move memories from short-term storage into long-term storage.



Reflection Questions

When I think about how alcohol may have affected my thoughts, mood, memory, or choices, what feelings come up for me?

What do I wish I could give my brain more of — rest, calm, clarity, safety, patience, or something else?

When my brain feels overwhelmed, stressed, or desperate for relief, what does it usually ask for?

What has alcohol helped me avoid feeling, facing, or thinking about?

Action

Today, give your brain one proper break.

Choose one:

- ☐ Sit quietly for 5 minutes
- ☐ Go outside without your phone
- ☐ Listen to calming music
- ☐ Take 10 slow breaths
- ☐ Close your eyes and rest
- ☐ Do one thing at a slower pace
- ☐ Turn off notifications for 30 minutes



From Me to You... Before You Move On...

If there's one thing to take away from this lesson, it's this: your brain is not broken.

The changes alcohol can make to the brain are real, but so is the brain's incredible ability to heal and adapt. Every time you pause before reacting, learn something new, practise a healthier habit, or choose differently, you're helping to build stronger, healthier pathways.

Change doesn't happen overnight, and it doesn't require perfection. It happens one small decision at a time.

Be patient with yourself. Your brain has been doing exactly what brains are designed to do, learning from repetition. The good news is that it can learn something new.

Module 3: What Alcohol Does to Your Body

Once alcohol enters the body, it does not just stay in the glass. It is absorbed into the bloodstream and travels around the body, affecting the brain, liver, heart, stomach, sleep, immune system, hormones, mood, and decision-making.

Alcohol is a **central nervous system depressant**, which means it slows down messages between the brain and body. This can affect coordination, judgement, reaction time, memory, mood, and self-control. It may feel relaxing at first, but that does not mean it is harmless.

Alcohol affects many areas of the body:

Brain

Alcohol affects the brain areas involved in mood, memory, judgement, coordination, impulse control, and decision-making. In the short term, this can lead to lowered inhibitions, slower reaction time, poor coordination, emotional changes, blackouts, or risky decisions. Over time, alcohol can affect sleep, mood, memory, and mental health.

Liver

The liver works hard to break down alcohol. When someone drinks heavily or regularly, the liver can become overloaded. Over time, alcohol can contribute to fatty liver, inflammation, liver disease, cirrhosis, and liver failure. The liver can recover from some early alcohol-related damage, but more advanced damage can become serious or permanent.

Heart and blood pressure

Alcohol can affect the cardiovascular system. It can raise blood pressure and increase the risk of heart problems, including abnormal heart rhythms. These risks can be higher with heavy drinking, binge drinking, or long-term alcohol use.

Stomach and digestion

Alcohol can irritate the stomach lining and digestive system. It may contribute to nausea, reflux, stomach pain, gastritis, and ulcers. It can also affect the gut and pancreas, which can impact digestion, appetite, blood sugar balance, and overall wellbeing.

Hydration

Alcohol is a diuretic, which means it makes the body lose more fluid. This can lead to dehydration, headaches, dry mouth, tiredness, dizziness, and feeling worse the next day. Dehydration can also make mood, cravings, anxiety, and concentration harder to manage.

Sleep

Alcohol may make someone feel sleepy, but it can reduce sleep quality. It can disrupt deeper, restorative sleep and make people more likely to wake during the night. This can lead to lower energy, poorer concentration, mood changes, anxiety, and reduced resilience the next day.

Immune system

Alcohol can weaken the immune system, making the body less able to fight infection. This can leave people more vulnerable to illness and may make recovery from sickness slower.

Cancer risk

Alcohol is linked with an increased risk of several cancers. This includes cancers of the mouth, throat, voice box, oesophagus, bowel, liver, and breast. Importantly, the risk comes from the alcohol itself, not just the type of drink. Beer, wine, spirits, cocktails, and cider all contain ethanol.

Alcohol may feel harmless, but it has a real impact on the whole body. Understanding these effects is not about shame – it is about awareness, choice and protecting your future health.



Did you know?

Alcohol is classified as a **Group 1 carcinogen** – the same highest-risk category as **tobacco** and **asbestos**.

..... ♥

GROUP 1 CARCINOGEN
The highest-risk category

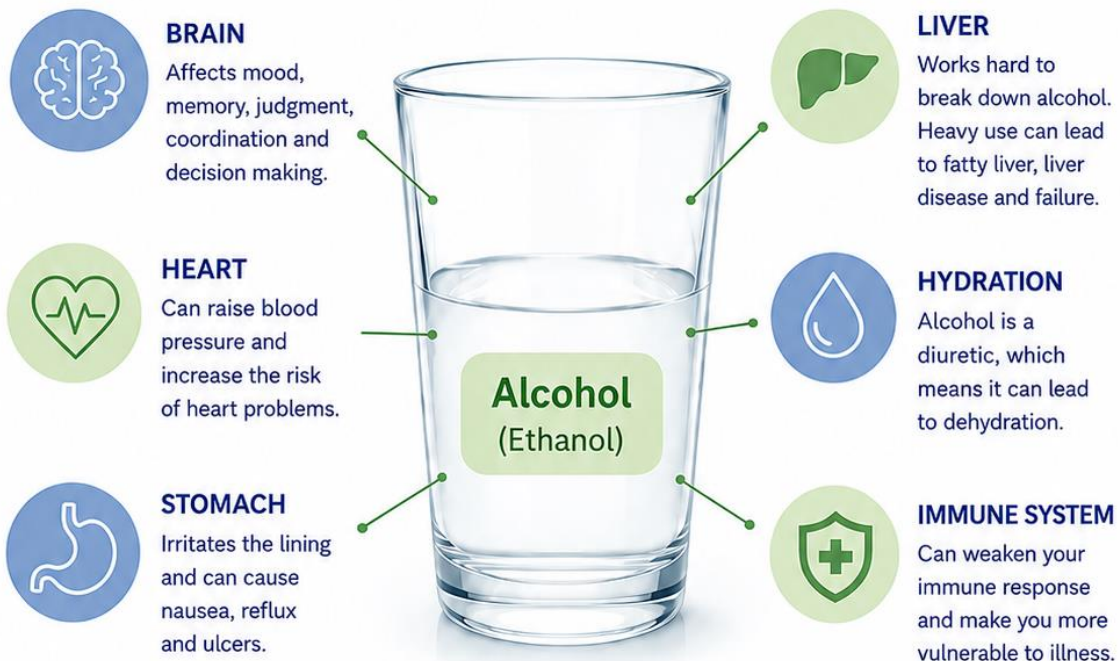
		
ALCOHOL GROUP 1 CARCINOGEN	TOBACCO GROUP 1 CARCINOGEN	ASBESTOS GROUP 1 CARCINOGEN



Most people know smoking causes cancer — far fewer realise **alcohol does too**.

What Alcohol Does to Your Body

Once you drink alcohol, it doesn't just stay in your glass – it affects many parts of your body.



The Long-Term Reality



Increases risk of anxiety, depression and poor mental health.



Disrupts sleep and reduces restorative rest.



Can contribute to weight gain and low energy.



Can impact relationships, work, finances and goals.



Linked to an increased risk of several types of cancer.



Knowledge creates choice. Awareness creates change.



Reflection Questions

If I gave my body a break from alcohol, what changes would I hope to notice first?

When I think about what alcohol may have been doing to my body, what feelings come up for me?

What has my body been trying to tell me that I may have ignored, explained away, or pushed through?

If my body could ask me for one thing right now, what do I think it would need?

Action

Today, do one kind thing for your body.

It does not need to be big. Drink water, eat something nourishing, stretch, rest, take a short walk, or go to bed a little earlier.

My one kind thing today is:

Real Stories



When I was diagnosed with liver cirrhosis at just 35 years old, I was in complete shock.



Yes, I drank every day, but I never thought I drank that much. In fact, compared to many of the people I drank with, I believed my drinking was fairly normal. There were plenty of people who drank more than I did, so I never imagined alcohol was causing serious damage to my body.



When the doctors told me I had cirrhosis and that I might need a liver transplant to survive, it was devastating. I couldn't believe that my drinking had led me to that point.



With the right support, I stopped drinking and committed to making my health a priority. Thankfully, the liver is an incredible organ. While advanced cirrhosis can't always be reversed, stopping alcohol can allow the liver to recover as much as possible and prevent further damage. Today, my health has stabilised, I no longer need a transplant, and as long as I remain alcohol-free, my future is bright.



Looking back, I realise one of the biggest mistakes I made was comparing my drinking to everyone else's instead of paying attention to what it was doing to me.



“Alcohol doesn't affect everyone the same way. The only drinking that matters is your own.”



From Me to You... Before You Move On...

Your body has been working hard for you every single day, even if you haven't always noticed it. It has continued to heal, protect and adapt, often despite the effects of alcohol.

The amazing thing about the human body is its ability to recover. While some damage can become permanent, many of the changes caused by alcohol begin to improve when we reduce or stop drinking. Better sleep, more energy, improved digestion, clearer thinking and a greater sense of well-being are all signs that your body is responding to the care you're giving it.

You don't have to transform your health overnight. Every glass of water, every nourishing meal, every good night's sleep and every alcohol-free choice is a way of saying to your body, "Thank you for everything you've done for me."

Your body has never been your enemy. It has been trying to protect you all along. Today is simply another opportunity to start looking after it in return.

Module 4: Alcohol Use Disorder Explained

Alcohol Problems Exist on a Spectrum

Many people spend years asking, "Am I an alcoholic?" A more helpful question is, "Is alcohol having more of an impact on my life than I'd like?"

Most people imagine only two categories:

- Normal drinker
- Alcoholic

The reality is far more complex.

Alcohol Use Disorder (AUD)

Alcohol Use Disorder is the medical term used to describe problematic drinking and exists on a spectrum from mild to severe.

It is when a person finds it hard to stop or control their drinking, even when it's causing problems in their life, health, relationships, work, or wellbeing.

It's more than just "drinking too much." AUD is a medical condition that affects the brain and behaviour.

How AUD Might Show Up in Real Life:

Someone with AUD might:

- Drink more or for longer than they meant to
- Try to cut back or quit, but can't
- Spend a lot of time thinking about drinking, getting alcohol, or recovering from hangovers
- Feel strong cravings or urges to drink
- Keep drinking even when it causes problems at home, work, or with loved ones

- Give up things they once enjoyed (like hobbies or social events) because of alcohol
- Need to drink more to get the same effect (this is called tolerance)
- Feel unwell or shaky when they stop drinking (this is withdrawal)

Why It Happens:

AUD doesn't happen because someone is weak or lacks willpower.

It often develops slowly over time, and can be influenced by:

- Genetics (family history of addiction)
- Mental health (like anxiety, trauma, or depression)
- Environment (stress, pressure, or social norms)
- Coping habits (using alcohol to deal with emotions or escape pain)

Not everyone with AUD looks the same.

Many people are successful, employed, loving parents and respected members of their communities.

Alcohol Dependent Vs Physically Dependent

Alcohol Dependent

- This refers to someone who has developed a psychological and/or physical reliance on alcohol.
- They feel like they need alcohol to cope with emotions, daily life, stress, or to feel “normal”.
- It can include both emotional dependence (e.g. using alcohol to numb feelings) and physical dependence (where the body is used to alcohol and reacts when it's taken away).
- People who are alcohol dependent may not always drink all day or be visibly intoxicated, but they rely on alcohol in a way that's hard to stop without support.

Physically Dependent

- This is purely about the body's physical reaction to alcohol being stopped or reduced.
- If someone is physically dependent, they may experience withdrawal symptoms when they stop drinking, such as shaking, sweating, nausea, anxiety, or even seizures in severe cases.
- Physical dependence can develop even if a person doesn't think they drink excessively. Drinking smaller amounts every day over a long period can still cause the body to adapt and become dependent on alcohol.
- This is a medical issue and often needs to be managed with professional help, especially if withdrawal symptoms are present.

REMEMBER THIS....The severity of a drinking problem is not determined by how much someone drinks compared to others. It is determined by the impact alcohol is having on their life.



Reflection Questions

When I hear the words “alcohol use disorder,” what feelings come up for me: fear, relief, resistance, shame, curiosity, or something else?

If I stopped focusing on labels for a moment, what do I honestly notice about the role alcohol has played in my life?

What would it feel like to see my struggles with alcohol as something deserving support, rather than something deserving shame?

If I allowed myself to believe that change is possible, what small part of my life would I most want to feel different?

Action

Notice the label that scares you

Write down one word or label that makes you feel uncomfortable.

It might be:

- ☐ alcoholic
- ☐ addict
- ☐ problem drinker
- ☐ weak
- ☐ out of control
- ☐ failure
- ☐ different
- ☐ broken



From Me to You... Before You Move On...

For many people, this is one of the hardest lessons in the program, not because it's full of information, but because it asks us to let go of ideas, we've carried for years.

Maybe you've spent a long time wondering whether you fit a particular label. Maybe you've spent just as much time trying to avoid one.

The truth is that labels don't change lives, understanding does.

What matters most isn't what you call yourself. What matters is being honest about the role alcohol is playing in your life and asking yourself whether it's helping you become the person you want to be.

Whatever your answer is today, you don't have to face it with shame. Curiosity takes courage, and every time you choose understanding over judgement, you're moving one step closer to lasting change.

Module 5: Understanding Your Relationship with Alcohol

Looking Beyond the Drinking

When people begin to question their drinking, they often focus on one question:

"Do I have a problem?"

While that question is understandable, it isn't always the most helpful place to start.

A more meaningful question is:

"What role is alcohol playing in my life?"

Alcohol doesn't have to cause chaos before it's worth questioning. It can quietly affect your sleep, mood, relationships, confidence, energy, motivation, health, or peace of mind long before it feels like a major problem.

The purpose of this module isn't to decide whether your drinking is "bad enough."

It's to become curious about how alcohol fits into your life, what it seems to give you, what it may be taking away, and whether it's helping you become the person you want to be.

Understanding your relationship with alcohol isn't about judgement.

It's about honesty, awareness, and giving yourself the opportunity to make choices that truly align with the life you want to live.

The Real Questions to Ask

- What role does alcohol play in my life?
- Why do I drink?
- What am I hoping alcohol gives me?
- What situations make me want to drink?
- How do I feel after drinking?
- What would my life look like without alcohol?
- If nothing changed, where might my drinking be in five years?

What Alcohol Gives vs What Alcohol Takes

Alcohol often promises relief, but it usually asks for something back.

What we think alcohol gives us

Alcohol can seem like it gives us something we need.

It may feel like it offers confidence, calm, fun, connection, courage, sleep, relief, or a way to switch off from stress and difficult emotions.

For some people, alcohol becomes linked with reward, celebration, belonging, or feeling more relaxed in their own skin.

It can appear to soften discomfort, quiet the mind, or make life feel easier for a while.

This is why it can be confusing when alcohol starts causing harm, because at some point, it may have felt like it was helping.

The important question is not only “What does alcohol give me in the moment?” but also “What does it take from me later?” ***Am I willing to borrow from tomorrow so I can drink today?***

What alcohol really does

What alcohol really does is often different from what it promises.

It may bring short-term relief, but it can also increase anxiety, disrupt sleep, lower mood, affect memory, weaken self-control, and make stress harder to manage over time.

Alcohol can temporarily numb discomfort, but it does not resolve the feelings, needs, or problems underneath. Instead, those feelings often return later, sometimes stronger, with added shame, tiredness, regret, or cravings. Over time, alcohol can quietly take more than it gives: energy, clarity, health, connection, self-trust, and freedom.



What need am I trying to meet through alcohol?

For example, if you drink to relax, what you may really need is rest, stronger boundaries, time to switch off, or ways to calm your nervous system. If you drink to feel more confident, perhaps what you're really longing for is self-belief, connection, or a sense of belonging. If you drink to escape, you may be carrying stress, overwhelm, loneliness, or emotional pain that needs care rather than avoidance.

Alcohol may offer temporary relief, but it doesn't meet the underlying need. Instead, it often delays it, leaving the real issue waiting for us when the effects wear off. The goal isn't to take something away from yourself. The goal is to understand what you're really looking for and begin discovering healthier, more lasting ways of meeting those needs.



Every behaviour serves a purpose. Once you understand the purpose alcohol has been serving in your life, you can begin finding healthier ways to meet that same need.

Real Stories



As a first responder, I was exposed to situations that most people will never experience. Over time, the stress, trauma and emotional toll began to build, and I knew I needed help.



When I finally reached out, I was shocked by the advice I received.



I was told to have a few more drinks after work to help me relax and switch off.



At the time, I trusted that advice. I believed alcohol was a healthy way to cope with stress, trauma and difficult emotions because that's what I'd been told. Before long, drinking became my way of managing almost everything I was feeling.



It wasn't until years later that I realised alcohol had never been treating the problem—it had simply been delaying it. The stress, grief and trauma were still there, waiting for me the next day.



What I really needed wasn't another drink. I needed support, healthy coping strategies, and someone to help me process what I had experienced.



Looking back, I don't blame myself for believing that alcohol was the answer. It was the message I had been given. Today, I know there are far healthier and more effective ways to cope with life's challenges.



“ *Alcohol can numb our emotions for a while, but it never heals them. Healing begins when we learn healthier ways to face what we're carrying.*

”





Did you know?

Your brain can start **responding** to the **idea of alcohol** before the alcohol itself has fully kicked in.

..... 

This means some of what we think alcohol “gives” us may actually come from **expectation**, **habit**, **environment**, and **permission to relax** — not just the drink.



-  EXPECTATION
-  HABIT
-  ENVIRONMENT
-  PERMISSION TO RELAX

*It's not just the drink.
It's a whole experience.*

Reflection Questions

Complete the following:

Alcohol tells me it will give me:

- ☐ confidence
- ☐ relaxation
- ☐ escape
- ☐ sleep
- ☐ fun
- ☐ connection
- ☐ courage
- ☐ numbness
- ☐ reward
- ☐ something else: _____

Alcohol helps me....

Alcohol costs me....

The biggest concern I have about my drinking is....

The biggest benefit of changing my drinking would be....

If I continue drinking exactly as I am today, in five years I think I will...

Action

Change one automatic moment

Choose one alcohol-related habit and gently interrupt it today.

Examples:

- ☐ pour a non-alcoholic drink first
- ☐ wait 20 minutes before deciding
- ☐ drink water before alcohol
- ☐ sit somewhere different
- ☐ leave the shop without buying alcohol
- ☐ message someone before drinking
- ☐ notice the craving without acting immediately

From Me to You...

Before You Move On...

This module isn't really about alcohol. It's about you.

It's about understanding what you've been needing, what you've been carrying, and what you've been hoping alcohol might fix.

For many people, alcohol starts as a solution before it slowly becomes part of the problem. That doesn't make you weak or broken. It makes you human. We all look for ways to cope, to feel better, to belong or to find relief.

As you've worked through these questions, I hope you've noticed something important. Behind every urge to drink is often a very real human need, rest, connection, comfort, confidence, peace or support. Those needs are valid. They deserve to be met.

The good news is that alcohol isn't the only way to meet them.

And perhaps that's what this journey is really about, not just changing your drinking, but learning to take better care of yourself.

Module 6: What Is the Safe Level?

Understanding the Risk

For a long time, many people were told that small amounts of alcohol were harmless, or even healthy. People are often surprised to learn that there are no completely safe levels of alcohol consumption. Current evidence is clear: alcohol carries multiple health risks even at low levels.

The less alcohol consumed, the lower the risks; however, the World Health Organisation states that no level of alcohol consumption can be considered safe for health. The National Cancer Institute also notes that even light drinking can increase risk for some cancers due to alcohol being a carcinogen.

In Australia, the national alcohol guidelines say healthy adults should drink no more than 10 standard drinks per week and no more than 4 standard drinks on any one day to reduce risk. They also clearly state that the less you drink, the lower your risk, and that for some people, not drinking at all is the safest option.

This does not mean every person who drinks will become unwell. It means that alcohol is not risk-free, and the risk generally increases the more someone drinks.

This is not about creating fear. It is about allowing people to make informed decisions. Every choice we make carries some level of risk. The difference is that informed choices allow us to decide whether that risk is one we're willing to accept.

Alcohol Myths vs Facts

Myth 	Fact 
1  Red wine is healthy.	 Do not drink alcohol for health benefits. 
2  Beer and wine are safer than spirits.	 All alcohol contains ethanol. 
3  Alcohol helps me sleep.	 It can disrupt restful sleep. 
4  Alcohol helps anxiety.	 It may numb anxiety briefly, but often increases it later. 
5  If I can function, I am fine.	 Functioning is not the same as thriving. 
6  Coffee sobers you up.	 Only time sobers you up. 
7  Only heavy drinkers need to worry.	 Harm isn't limited to heavy drinking. 
8  Cutting down is always safe.	 For some people it is a good step, but for others it can be medically risky. 
 Alcohol myths are common. Honest facts help us make safer choices. 	

Common Myths About Alcohol

Myth 1: “Red wine is good for your heart.”

This is one of the most persistent alcohol myths. Some older studies suggested moderate drinking might have heart benefits, but newer research has challenged those findings. While red wine contains antioxidants, any potential benefits are outweighed by the risks associated with alcohol consumption.

Myth 2: “Only heavy drinkers need to worry.”

Heavy drinking carries higher risk, but harm is not limited to heavy drinking. Cancer risk can begin at low levels, and alcohol can affect sleep, mood, anxiety, judgement, and cravings even when someone is not drinking heavily.

Myth 3: “Beer and wine are safer than spirits.”

The body processes alcohol as alcohol. Beer, wine, cider, cocktails, and spirits all contain ethanol. Cancer Council Australia states that drinking any type of alcohol increases cancer risk.

A standard drink may look different depending on the beverage, but the risk comes from the alcohol itself, not just the type of drink.

Myth 4: “Alcohol helps me sleep.”

Alcohol may make someone feel sleepy at first, but it can disrupt sleep quality later in the night. It can reduce restorative sleep, increase waking, worsen snoring or sleep apnoea, and leave people feeling more tired, anxious, or foggy the next day.

Alcohol may help you pass out, but it does not help your brain and body truly rest.

Myth 5: “Alcohol helps anxiety.”

Alcohol can temporarily numb anxiety or make someone feel more socially relaxed. But as it wears off, it can increase anxiety, irritability, low mood, poor sleep, racing thoughts, and regret. For many people, this creates a cycle:

Myth 6: “If I can function, I don’t have a problem.”

Functioning does not mean thriving. Many people can work, parent, study, or appear “fine” while alcohol is still affecting their health, mood, relationships, finances, self-worth, or recovery.

A better question is:

“Is alcohol helping me live the life I want, or is it quietly taking more than it gives?”

Myth 7: “Coffee, food, or a cold shower will sober me up.”

Only time reduces blood alcohol concentration. Coffee may make someone feel more awake, but it does not remove alcohol from the body or make driving or decision-making safe.

Myth 8: “Cutting down is always safe.”

For some people, reducing alcohol is a good step. But for people who drink heavily or daily, suddenly stopping can be medically risky. Alcohol withdrawal can range from unpleasant to dangerous, and in some cases can include seizures or delirium tremens. The Alcohol and Drug Foundation advises people planning to withdraw from alcohol to do so under medical supervision, or at least after speaking with a medical professional.

The Alcohol Anxiety Loop



Alcohol can feel calming in the short term, but it can increase anxiety and cravings over time.



Understanding the loop can help you interrupt it.





Did you know?

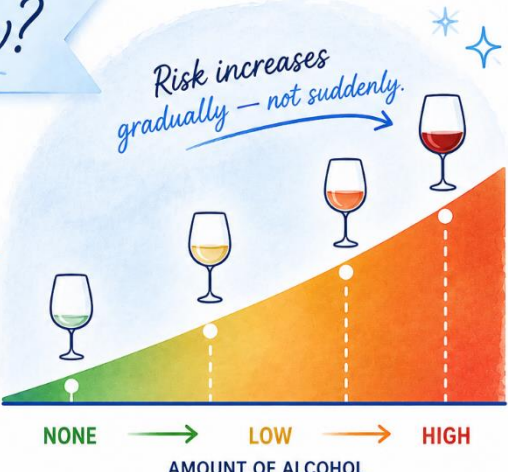
There is no magic line where alcohol suddenly *becomes risky*.

Even low levels of drinking can carry some health risk, especially for **cancer**.



The **less** you drink, the **lower** your risk.

Risk increases gradually — not suddenly.



NONE → LOW → HIGH
AMOUNT OF ALCOHOL

Small choices can make a big difference to *your health*.

Reflection Questions

When I hear that alcohol is not risk-free, what feelings come up for me?

Is there a part of me that wants to minimise alcohol's impact, and what might that part of me be trying to protect?

What have I told myself in the past to feel safer or more comfortable about drinking?

If my future self could gently tell me the truth about alcohol's role in my life, what do I think they might say?

In Module 1, we learned that alcohol is an addictive toxin and, in concentrated form, is as poisonous as cyanide. How does knowing that influence the way you think about what a "safe" amount of alcohol might be?

Action

Try one alcohol-free day

Choose one alcohol-free day this week.

Not as punishment. Not as a test. Just as information.

Use it to notice, how you feel, what you reached for instead.

My alcohol-free day will be:



Quote to Inspire

**“You lose the insecurity
that often makes people
drink in the first place.”**

.....♥.....

— Gerard Butler



From Me to You... Before You Move On...

For many of us, our beliefs about alcohol weren't formed by facts, they were shaped by family, friends, advertising, culture and years of hearing the same messages repeated over and over again.

There is no shame in believing what you were taught. We can only make decisions based on what we know at the time.

The important thing is that today you know a little more than you did yesterday.

Whether you decide to drink less, take a break, or simply keep reflecting, that choice is yours. My hope is that from this point forward, your decisions are guided by understanding rather than assumptions, and by what truly supports the life you want to live.

Remember, this journey isn't about striving for perfection. It's about making informed choices that are kinder to your mind, your body and your future.

Module 7: Alcohol-Related Harm and Deaths

The Bigger Picture

Alcohol is often treated as normal, social, and harmless, but it is one of the leading preventable causes of illness, injury, and death worldwide.

Alcohol-related harm can affect almost every area of life. It may involve illness, injury, accidents, violence, cancer, liver disease, mental health challenges, or the impact alcohol has on judgement and decision-making. Alcohol contributes to millions of deaths worldwide every year. Alcohol-related harm can affect almost every area of life.

Approximately 3 million people globally die per year due to alcohol-related deaths.

That is 1 person every 10 seconds who dies due to an alcohol-related

death. Behind every statistic is a person, a family and a community whose lives have been devastated by alcohol.

Australia

In Australia, alcohol remains a major public health issue.

In the 2022–2023 National Drug Strategy Household Survey, around 1 in 3 Australians aged 14 and over, about 6.6 million people, drank alcohol in ways that put their health at risk. About 25% drank more than 10 standard drinks per week on average, and about 24% drank more than 4 standard drinks on a single day at least once a month.

In 2023–24, there were around 146,000 hospitalisations due to alcohol and other drugs in Australia, and alcohol accounted for nearly 3 in 5 of these hospitalisations, more than any other drug type.

Alcohol is also linked with social and family harms, such as relationship breakdown, financial stress, workplace problems, parenting strain, unsafe driving, legal consequences, and harm to other people.

Alcohol is common, but common does not mean harmless.

Understanding alcohol-related harm gives people more information, more choice, and more power to protect their health and future.

It is not about shame; it is about awareness. The more we understand alcohol's impact, the more clearly, we can decide what role, if any, we want it to have in our lives.



Alcohol-Related Deaths Can Happen in Many Ways



 Type of harm	 Examples
 Chronic disease	Liver disease, heart disease, stroke, digestive disease
 Cancer	Breast, bowel, liver, mouth, throat, oesophageal cancers
 Injuries	Falls, drowning, burns, road trauma, workplace injuries
 Violence and trauma	Assault, family violence, risky situations
 Mental health harms	Anxiety, depression, self-harm, suicide risk
 Dependence and withdrawal	Alcohol use disorder, withdrawal complications



Did you know?

DID YOU KNOW?

Alcohol is thought to be involved in around **1 in 2** fatal drownings globally and **1 in 3** non-fatal drownings.



Reflection Questions

Before completing this module, what risks did you associate with alcohol?

What risks surprised you?

When you read about the harm alcohol can cause, what feelings came up? Sadness, fear, resistance, anger, grief, discomfort, or something else?

Is there a part of you that wants to look away from this information?
What might that part be trying to protect you from feeling?

Have you ever minimised the risks of alcohol because facing the truth felt too uncomfortable?

Action

Choose one safety boundary around alcohol today.

It could be:

I will not drink and drive.

I will not drink near water.

I will not drink when I am emotionally overwhelmed.

I will not drink before an important conversation.

I will not drink while caring for someone else.

My safety boundary is –



Quote to Inspire

“Sobriety was the greatest gift I ever gave myself.”

.....
– Rob Lowe



From Me to You... Before You Move On...

This may have been one of the more difficult modules to read.

Learning about alcohol-related harm can bring up sadness, fear, regret or even resistance. If that's what you're feeling, you're not alone. Many of us naturally want to turn away from information that challenges something we've always believed or something that's been part of our lives for a long time.

Remember, this module isn't here to scare you. It's here to help you see the bigger picture.

The purpose of understanding risk isn't to leave you feeling hopeless—it's to remind you that every choice you make has the potential to change your future.

No matter what your relationship with alcohol has looked like up until now, today gives you another opportunity to make a decision that's kinder to yourself. Those decisions don't have to be perfect, and they don't have to happen all at once. Small changes, repeated over time, can lead to remarkable transformations.

Thank you for staying curious, even when the information feels uncomfortable. That willingness to face the truth with compassion is one of the greatest gifts you can give yourself.

Module 8: Benefits of Taking a Break

Benefits of Taking a Break from Alcohol

Taking a break from alcohol can be a powerful way to understand what alcohol is really doing in your life. It does not have to be framed as “forever” to be useful. Even a short break can give your body, brain, mood, sleep, and confidence a chance to reset.

A break from alcohol is not about punishment. It is about creating space to notice how your body, brain, emotions, and life feel without it.

People often report the following benefits as a result of having a break from alcohol:

1. Better sleep and more energy

Alcohol may make you feel sleepy at first, but it can disrupt sleep quality and reduce restorative sleep. Drinking less or stopping can lead to deeper sleep, fewer night wakings, and more energy the next day. Reducing alcohol can support deeper sleep and improved energy, because alcohol affects REM sleep and can leave people feeling less refreshed.

2. Improved mood and anxiety

Alcohol can feel calming in the short term, but it can make anxiety, low mood, irritability, and emotional ups and downs worse later. Taking a break gives the brain and nervous system time to stabilise. Drinking less can support a brighter mood because alcohol can worsen stress and anxiety.

3. Clearer thinking

Alcohol affects the brain, including memory, judgement, coordination, decision-making, and mood. Taking a break can help people feel more mentally clear, present, and able to make decisions that align with their values. Alcohol affects the whole body, including the brain, gut, cardiovascular system, immune system, and more.

4. Better physical health

Taking a break gives the liver, heart, stomach, immune system, and nervous system a rest from processing alcohol. Taking a break from alcohol can improve physical and mental health, with longer-term benefits including reduced risk of stroke, heart attack, liver disease, and cancer.

5. Healthier Skin

Alcohol can dehydrate the skin and increase puffiness, redness and inflammation. Many people notice brighter skin, healthier colour, reduced puffiness and a fresher appearance within weeks of reducing or stopping alcohol. Better hydration and improved sleep also contribute to healthier-looking skin.

6. Less shame and more self-trust

For people who feel uneasy about their drinking, taking a break can rebuild confidence. Every alcohol-free day becomes evidence that you are capable of change.

7. More awareness of triggers

A break from alcohol can reveal patterns that drinking may have been covering up. You may notice that you usually want alcohol when you are:

- **lonely,**
- **bored,**
- **overwhelmed,**
- **tired,**
- **anxious,**
- **angry,**
- **rejected,**
- **celebrating.**

This information is useful. Triggers are not failures. They are clues.

8. More money, time, and freedom

Alcohol can quietly take a lot: money, mornings, motivation, time, energy, and emotional bandwidth. Taking a break can free up space for other things, rest, hobbies, exercise, connection, creativity, recovery work, or simply waking up without regret.

What People Often Notice During a Break



Important note

 Area	 Possible benefit
 Sleep	 Deeper rest, fewer night wakings, less morning fog
 Mood	 Less anxiety, irritability, shame, or emotional volatility
 Body	 Better hydration, digestion, skin, energy, and recovery
 Mind	 Clearer thinking, better memory, improved focus
 Relationships	 More presence, honesty, and emotional availability
 Recovery	 More awareness of triggers, cravings, and coping needs
 Self-trust	 Confidence from keeping a promise to yourself

Important note

If someone has been drinking heavily or daily, suddenly stopping alcohol can be medically risky. Withdrawal can be serious, so it is safest to speak with a GP or qualified health professional before stopping abruptly.



Did you know?

Research on Dry January found that

.....
many people were still
drinking less **six months later**,
suggesting that a **short break**
can help people feel more
confident and **in control** of
their choices, not just “detox”
for a few weeks.



More
confidence



More
control



Healthier
choices



A short break can be a powerful first step
towards **lasting change**.

Reflection Questions

Which of these benefits would make the biggest difference in my life right now?

What am I worried might happen if I take a break?

What situations might make the break harder?

After one week without alcohol, I might notice:

After one month without alcohol, I hope to notice:

Action

Plan your first alcohol-free drink. Make it feel intentional, not like a punishment.

- ☐ sparkling water with lime
- ☐ herbal tea
- ☐ alcohol-free mocktail
- ☐ iced tea
- ☐ soda water and fruit
- ☐ hot chocolate
- ☐ flavoured mineral water

My alcohol-free drink will be: _____



Quote to Inspire

**“ Getting sober was the
single bravest thing I’ve ever done
and will ever do in my life. ”**



– Jamie Lee Curtis



From Me to You... Before You Move On...

If you've reached this point, I hope you've noticed something important.

This journey has never been about taking something away from you. It's been about helping you discover what you might gain.

Perhaps you've started to imagine waking up with more energy, thinking more clearly, feeling calmer, trusting yourself a little more, or simply enjoying life without alcohol being at the centre of it.

Whether you decide to take a short break, continue exploring, or make bigger changes in the future, remember that every positive step counts. You don't have to have all the answers today. You only have to stay open to what you are learning about yourself.

Sometimes the greatest gift isn't giving something up.

It's getting yourself back.

Your Sober Curious Self-Assessment

There is no pass or fail. This assessment is designed to increase awareness, not create judgement.



Alcohol Self-Assessment

A gentle reflection tool for your own awareness. This is not a diagnosis.



Rate each statement honestly based on your experience.

	Never	Sometimes	Often	Almost Always
1. I drink more than I intended.	☐	☐	☐	☐
2. I think about alcohol frequently.	☐	☐	☐	☐
3. I find it hard to stop once I start.	☐	☐	☐	☐
4. I have tried to cut down before.	☐	☐	☐	☐
5. I use alcohol to cope with stress or emotions.	☐	☐	☐	☐
6. Alcohol has caused problems in my life.	☐	☐	☐	☐
7. I worry about my drinking.	☐	☐	☐	☐
8. I drink even when I planned not to.	☐	☐	☐	☐
9. I feel uncomfortable when I cannot drink.	☐	☐	☐	☐
10. My drinking affects my sleep, mood, or energy.	☐	☐	☐	☐



Reflection

If several of these feel true for you, it may be worth exploring your relationship with alcohol with honesty and support.



Be kind to yourself. Awareness is a powerful first step.



Your 7-Day Sober Curious Experiment

A Gentle Reset to Explore Your Relationship with Alcohol

This 7-day challenge is not about perfection, punishment, or proving anything. It is an invitation to pause, get curious, and notice what changes when alcohol is removed for one week.

For the next 7 days, you are invited to take a short break from alcohol and use this time to observe your body, mind, emotions, habits, triggers, and choices.

You do not need to decide what your long-term relationship with alcohol will be. For now, the goal is simply to collect information.

Before You Begin

Take a few minutes to answer these questions:

1. Why am I interested in taking a break from alcohol?
2. What do I hope might improve over the next 7 days?
3. What might feel difficult?
4. When am I most likely to want a drink?
5. Who could I tell or ask for support?
6. What could I do instead of drinking when an urge comes up?

My overall intention for this challenge is:

Day 1: Awareness - Notice Your Starting Point

Today is about getting honest with yourself without judging yourself.

Reflect on:

- How often do I drink?
- When do I usually drink?
- What feelings, situations, or people make me want to drink?
- What do I believe alcohol gives me?
- What does alcohol take from me?

Today's action:

Remove alcohol from your immediate environment if possible or make a clear plan to avoid it today.

Journal prompt:

What am I hoping to learn about myself this week?

Day 2: Patterns - Identify Your Triggers

Cravings and urges often have a pattern. They may be linked to stress, boredom, loneliness, reward, social pressure, habit, anger, anxiety, or tiredness.

Today's action:

Track any urges to drink using this simple check-in:

- What time did the urge happen?
- Where was I?
- What was I feeling?
- What was I thinking?
- What did I actually need?
- What did I do instead?

Journal prompt:

What are my most common triggers so far?

Day 3: The Habit Loop - Create a Replacement Ritual

For many people, alcohol is not just a drink. It is a ritual. It may mark the end of the workday, help with social confidence, numb stress, or create a feeling of reward.

Today is about creating a new ritual.

Ideas:

- Make a special alcohol-free drink
- Go for a walk after work
- Take a shower and change clothes to mark the end of the day
- Make a cup of herbal tea
- Do a short stretch or breathing practice
- Call or message someone supportive
- Prepare a nourishing dinner
- Listen to music or a podcast

Today's action:

Choose one replacement ritual and practise it today.

My replacement ritual is:

Journal prompt:

What did I notice when I changed the routine?

Day 4: Physical Awareness - Check in With Your Body

Alcohol can affect sleep, energy, digestion, hydration, mood, appetite, anxiety, skin, motivation, and concentration.

Today is about noticing what your body is telling you.

Today's action:

Complete a body check-in.

Rate each area from 1 to 10:

Sleep quality: ____ / 10

Energy: ____ / 10

Mood: ____ / 10

Anxiety: ____ / 10

Cravings: ____ / 10

Digestion: ____ / 10

Mental clarity: ____ / 10

Self-respect: ____ / 10

Journal prompt:

What changes, if any, am I noticing in my body?

Day 5: Feelings - Explore Emotional Drinking

Many people drink not because they are thirsty, but because they are trying to change how they feel.

Alcohol may be used to:

- Relax
- Escape
- Feel confident
- Cope with stress
- Avoid sadness
- Switch off
- Feel less lonely
- Reward yourself
- Numb overwhelm

Today's action:

When an urge appears, pause and ask: "What am I really feeling right now?"

Then ask: "What do I actually need?"

Possible needs:

- Rest
- Food
- Water
- Connection
- Reassurance
- Boundaries

- Quiet
- Fun
- Support
- A good cry

Journal prompt:

What feelings do I most often try to change or avoid with alcohol?

Day 6: Connection - Strengthen Your Support Plan

You do not have to do this alone. Support can make change feel safer and more sustainable.

Support may include trusted friends, family, a sober community, a therapist, a coach, a GP, online groups, recovery meetings, podcasts, books, or sober curious spaces.

Today's action:

Choose one support action:

- Tell someone you are doing a 7-day sober curious challenge
- Ask someone to check in with you
- Listen to a sober curious podcast
- Join an online sober community
- Write a list of people you can contact when urges hit
- Research local support options
- Plan an alcohol-free social activity

My support action today is:

Journal prompt:

What kind of support feels helpful to me? What kind of support does not?_

Day 7: Choice - Reflect and Decide What Comes Next

You have completed 7 days of sober curiosity. This is a chance to pause and reflect before deciding what comes next.

This is not about whether the week was perfect. It is about what you learned.

Reflect on:

1. What was easier than I expected?
2. What was harder than I expected?
3. What did I notice about my cravings?
4. What changed in terms of my sleep, mood, energy, or anxiety?
5. What did I learn about my triggers?
6. What did I learn about my needs?
7. What am I proud of?
8. What would I like to do next?

My Next Step

Choose one:

- I want to continue for another 7 days alcohol free.
- I would like to try and continue to be alcohol free for 30 days and keep learning more about sobriety.
- I would like to explore what support exists to help me stay alcohol free, I think it would be easier if I had people around me doing the same.
- I am not sure yet, but I want to keep reflecting.

My next step is:

End of Experiment Reflection

The biggest thing I learned about myself this week was:

One thing I want to remember going forward is:

One sober-supportive action I will take this week is:

Congratulations!

By completing **The Sober Curious Journey**, you've already done something many people never do: you've paused long enough to honestly explore your relationship with alcohol.

That takes courage.

Over the last few modules, you've learnt what alcohol really is, how it affects your brain and body, challenged common myths, explored your own relationship with alcohol, and discovered what might be possible with less, or no alcohol in your life.

Whatever you've discovered, I hope you leave this journey with one thing above all else...

Choice.

There are no right or wrong answers.

The goal of this journey was never to tell you what to do.

It was to help you understand yourself a little better so that whatever choices you make from here are informed, intentional, and aligned with the life you want to live.

You don't have to decide today what your future relationship with alcohol will look like.

You don't have to have all the answers.

You simply need to stay curious.

Because...

Curiosity creates awareness.

Awareness creates choice.

Choice creates change.

From Me to You...

Before we say goodbye, there's one thing I'd really like you to know.

When I first changed my own relationship with alcohol, I thought I was learning how to stop drinking.

What I eventually realised was that I was learning how to live differently.

Recovery—or simply changing your relationship with alcohol— isn't about becoming someone else.

It's about becoming more of who you already are, without alcohol getting in the way.

Whatever you've discovered during this journey, I hope you leave knowing this:

You are not broken.

You are capable of change.

And you never have to do it alone.

Your Next Step...

Every person's journey is different.

For some people, this workbook confirms that alcohol isn't having the impact they thought it was.

For others, it brings clarity that something needs to change.

And for many, it's simply the beginning of asking better questions.

Whatever you've discovered, you don't have to figure out the next step on your own.

Continue Your Journey Online

The **Sober Curious Journey** was designed to help you understand alcohol and your relationship with it.

Our next online program, **The Fundamentals**, is where we begin putting that understanding into practice.

Together we'll explore:

- Understanding and managing cravings
- Breaking habits and creating healthier routines
- Regulating emotions without alcohol
- Building confidence and resilience
- Navigating relationships and social situations
- Setting boundaries
- Emotional sobriety
- Relapse prevention
- Creating a life where alcohol no longer feels like the answer

If **The Sober Curious Journey** helped you ask better questions, **The Fundamentals** will help you start creating lasting change.

Join the Waiting List [Here](#)

Work With Us in Person

If you live in Southeast Queensland and would like more personalised support, we'd love to welcome you to **The Freedom Room**.

Whether you're looking for one-to-one counselling, our recovery programs, workshops, or a supportive recovery community, we're here to walk alongside you.

Click here to Learn More [The freedom room](#)

One Final Thought...

This workbook began with one simple idea:

Curiosity is where lasting change begins.

My hope is that it doesn't end here.

Keep asking questions.

Keep learning.

Keep choosing what supports the life you want to live.

Because every meaningful change begins with one simple decision...

To stay curious.

I wish you nothing but the very best for whatever comes next.

Rachel Acres

Founder & CEO

The Freedom Room



The Freedom Room

Find the freedom from alcohol that you are looking for