

# 90 The Second Power Pause

Shift your mindset.  
*and*  
Manage your emotions.



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# Let's set the scene...

**You're strong in your commitment to being alcohol free and you've got a few days/weeks/months of sobriety under your belt.**

**Perhaps your OH/partner still drinks alcohol, it's not an issue for them, they have an off-switch that actually works.**

**At the end of another hectic day rushing around and they open a bottle of red, and ask if you're having one.**

**You say... "no thanks."**

**but then something else happens...**

A woman with her hair in a ponytail, wearing a light blue and white striped dress, stands in a modern kitchen with white cabinets and a wooden countertop. She is viewed from behind, looking towards a sink area. The lighting is bright and even.

**YOU REALLY DON'T WANT TO HAVE A  
DRINK, YOU'VE DONE SO WELL,  
BUT A VOICE INSIDE YOU SAYS..**

**“THAT SOUNDS NICE,  
I DESERVE A TREAT,  
ONE WON'T HURT”**

**THE CRAVING IS BORN.**

**YOUR NEXT DECISION IS CRUTIAL.**

**YOU HAVE 3 CHOICES:**

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# CHOICE #1

## HIT THE 'F' IT BUTTON!

CHOOSE TO FORGET WHY YOU STOPPED DRINKING IN THE FIRST PLACE;

BLOCK OUT YOUR INTUITION & INSTEAD LISTEN TO THE DEVIL ON YOUR SHOULDER TELLING YOU:

- ONE WEE GLASS WON'T HURT
- YOU'VE HAD THE WEEK FROM HELL AND YOU DESERVE A TREAT.
- IT'S ONLY FOR TODAY, I'LL START AGAIN TOMORROW.

**OR...**

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# CHOICE #2

## FIGHT IT

**YOU SAY NO BUT IT FEELS LIKE CRAP!**

**YOU HAVE SERIOUS FOMO**

**You need someone to blame, oh that's handy, the OH is right there, sipping their Merlot, rubbing your face in it!**

**So you stomp around the kitchen with a sharp object in your hand and a face that could turn milk sour. You don't actually SAY anything, you don't have to, your body language says it all.**

**Your confused, you want to throw something or run out the door. Anything to stop feeling like this.**

**Something that's supposed to be good for you shouldn't feel this bad.**

**You must be one of those people who just need a drink to get through life.**

**You're pissed off and disappointed with yourself, but you gave it your best shot, it's just too hard for you.**

**So you do the one thing you really don't want to...**

**You go back to CHOICE #1 and start the cycle again.**

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The choice I hope you make....

# **FEEL IT** **...for 90 secs.**

A craving is a desire – desire is an emotion  
– emotions are created by your thoughts –  
Your thoughts create your results.

**An emotion lasts 90 seconds, if you  
are still feeling the emotion after 90  
seconds its because you are  
choosing to believe a thought that  
causes the emotion to stick around.**

Read that again, it might be the most  
valuable thing you learn about conquering  
cravings.

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# **How The 90 Second Power Pause works:**

- **Notice and allow the craving.**
- **Don't fight, resist or run away.**
- **The craving is simply an emotion and is not life threatening.**
- **Take deep slow breaths.**
- **Inhale for 4, hold for 4, exhale for 4, hold for 4.**
- **Repeat '4 square breath' for 4 rounds.**
- **Allow the feeling to flow through and away from your body.**
- **Remind yourself 'an emotion is not life threatening' you are safe.**
- **As you breathe, notice how the energy changes in your body.**

Only once you have allowed the craving to move through your body, decide how to move forward.

Believe me, with practice you'll be able to process cravings in a nano-second.

Your story will change:

Q. "Do you want a drink?"

**A. "No, thank you, I don't."**

No energy drain, no drama, no guilt, no self-hatred, no regret.

**Just Freedom.**



To find out more about sober coaching and what it's like to work with me, check out my website.

**CLICK HERE**

Disclaimer: The information shared in this booklet is based on my personal experiences and in no way shape or form is intended to be a "Medical Recovery Programme."

Nor am I in any way qualified to treat or advise anyone who feels they might have/have been medically diagnosed with a serious addiction issue.

Please seek medical attention if you feel your life is being seriously affected due to drinking or any other substance abuse.

I am offering this information only as a means to help anyone who is examining their relationship with alcohol.

Gillian Cockburn

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