

*Back in Control!*

**5 SIMPLE STEPS  
TO**

**DRINKING LESS**

**YOU CAN DO THIS!**

**A STRAIGHT-FORWARD GUIDE**

*by Jacqui Carrel*

[jacquicarrel.co.uk/drink-less](http://jacquicarrel.co.uk/drink-less)

---

# INTRODUCTION

---

## WELCOME

Thanks for downloading '5 Simple Steps to Drinking Less'. I hope you find it helpful, usefull and actionable.

You'll notice that while I give you hints, you're expected to do the thinking!

This is because if you want to make this work for you, then *you* need to shift *your* thoughts and thinking.

Only you know the ins and outs of your life and you need to be the one in charge.

Enjoy this thinking time, fill in the boxes, tell your mind that you can do this and, above all, take action!

Let me know how you do!

## MIND CRAFT

Your mind likes the safety of familiarity - you may find it tries to entice you to have a drink. To get over this, tell it daily that you feel safe and things like, 'I may like a drink in the evening but I like feeling healthier even more!'

New non-drinking habits can take 30-60 days to properly develop; make a chart, put it somewhere prominentd and keep track daily.

## HERE'S A SURE-FIRE SHORT CUT!

There is one sure-fire way I can short-cut your time and effort and that's with Transformational Hypnotherapy, which you can [access in my course](#) or through a 1:1 with me - [book a free, no-obligation Discovery Call](#) with me to find out more.

---

# KNOW YOUR PROS & CONS

---

## Questions

As well as looking at the benefits of drinking less, work out the **apparent** benefits drinking gives you.

### *Questions*

What are the benefits of:

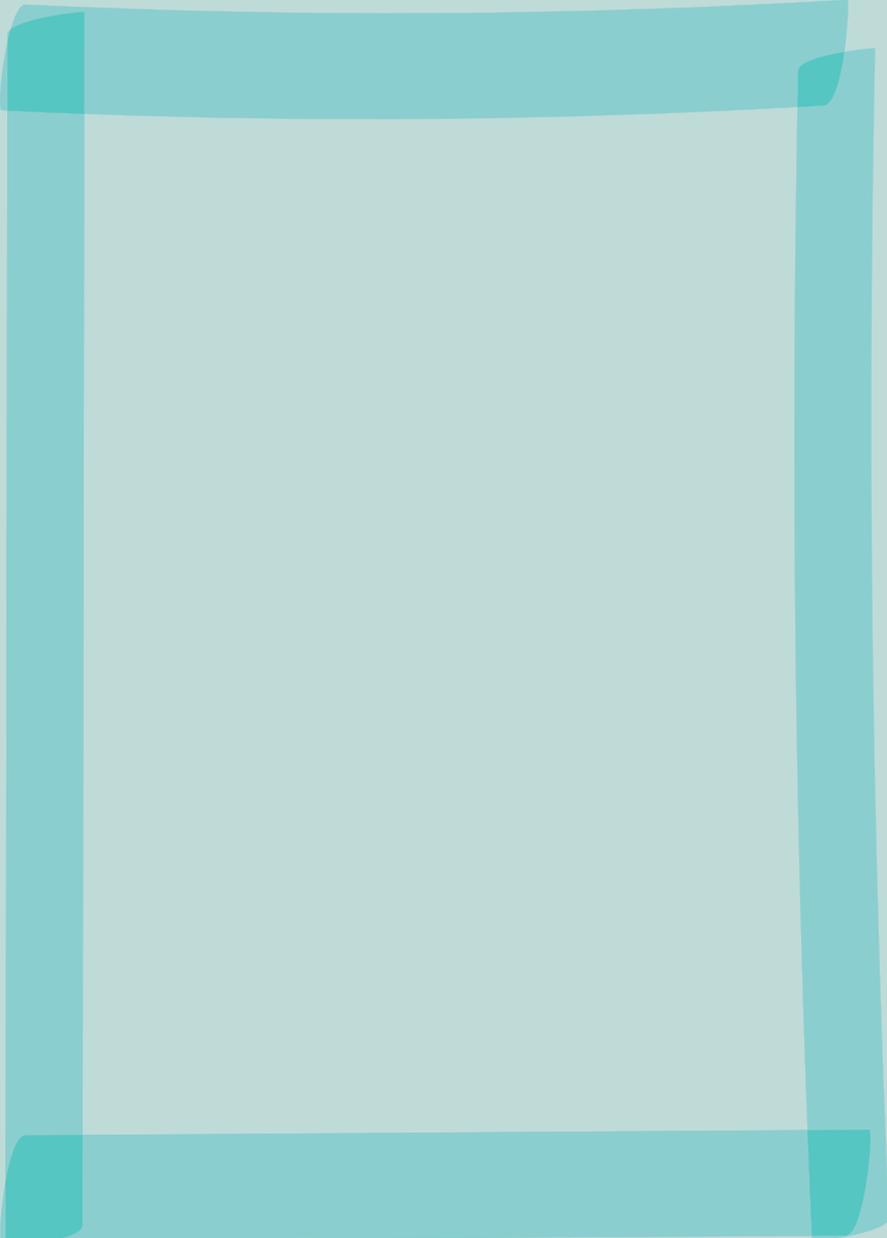
- not drinking less
- drinking less?

What are the disadvantages of:

- drinking less
- drinking less?

What can you say to refute the 'good reasons' to drink?

## My Thoughts

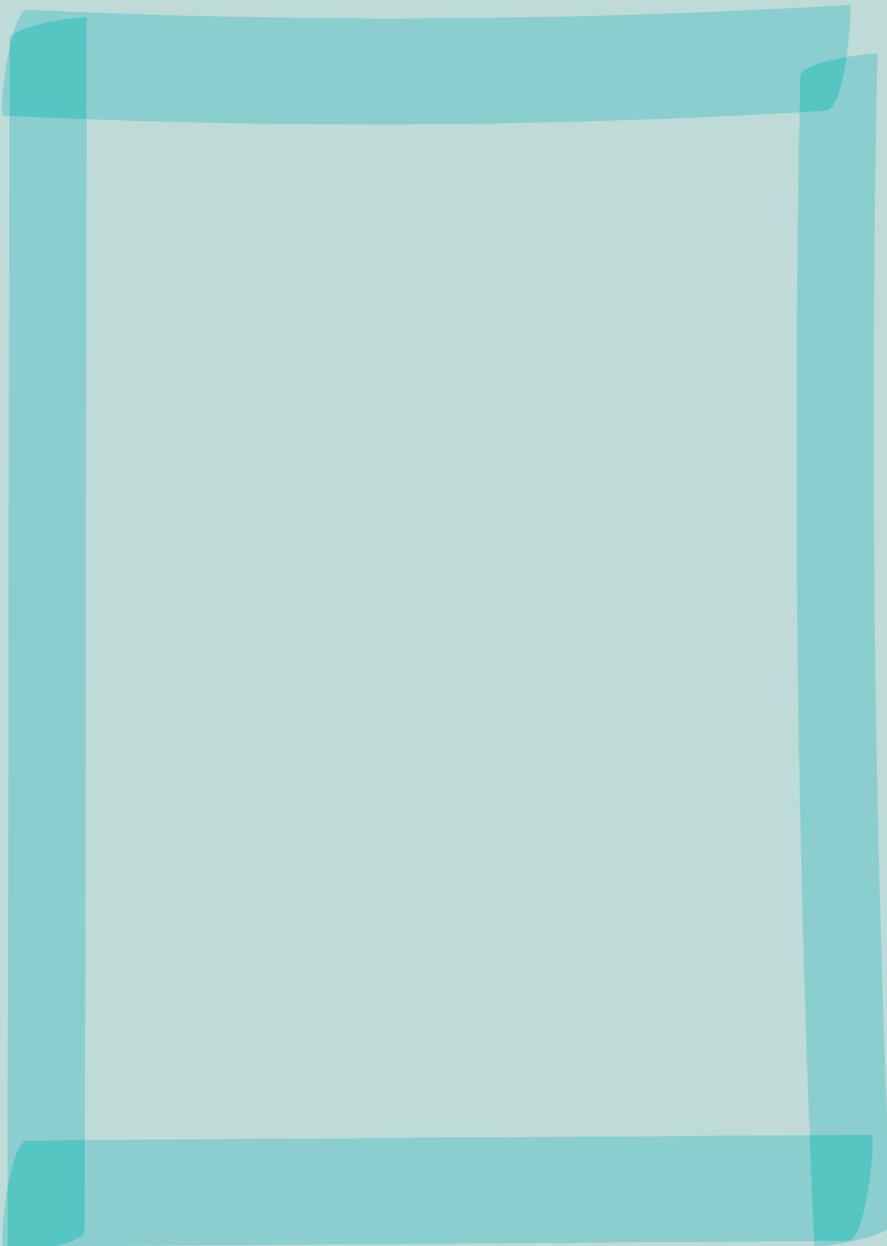


---

# KNOW YOUR TRIGGERS

---

## My Thoughts



## Questions

When you started drinking alcohol, you'd get a burst of dopamine and that makes you want more.

Nowadays, all you need is a trigger to get the same effect.

Triggers can be sights, sounds, smells, time of day, stress, etc.

*Questions:*

What are your triggers and what can you do to avoid them?

---

# KNOW YOUR STORIES

---

## Questions

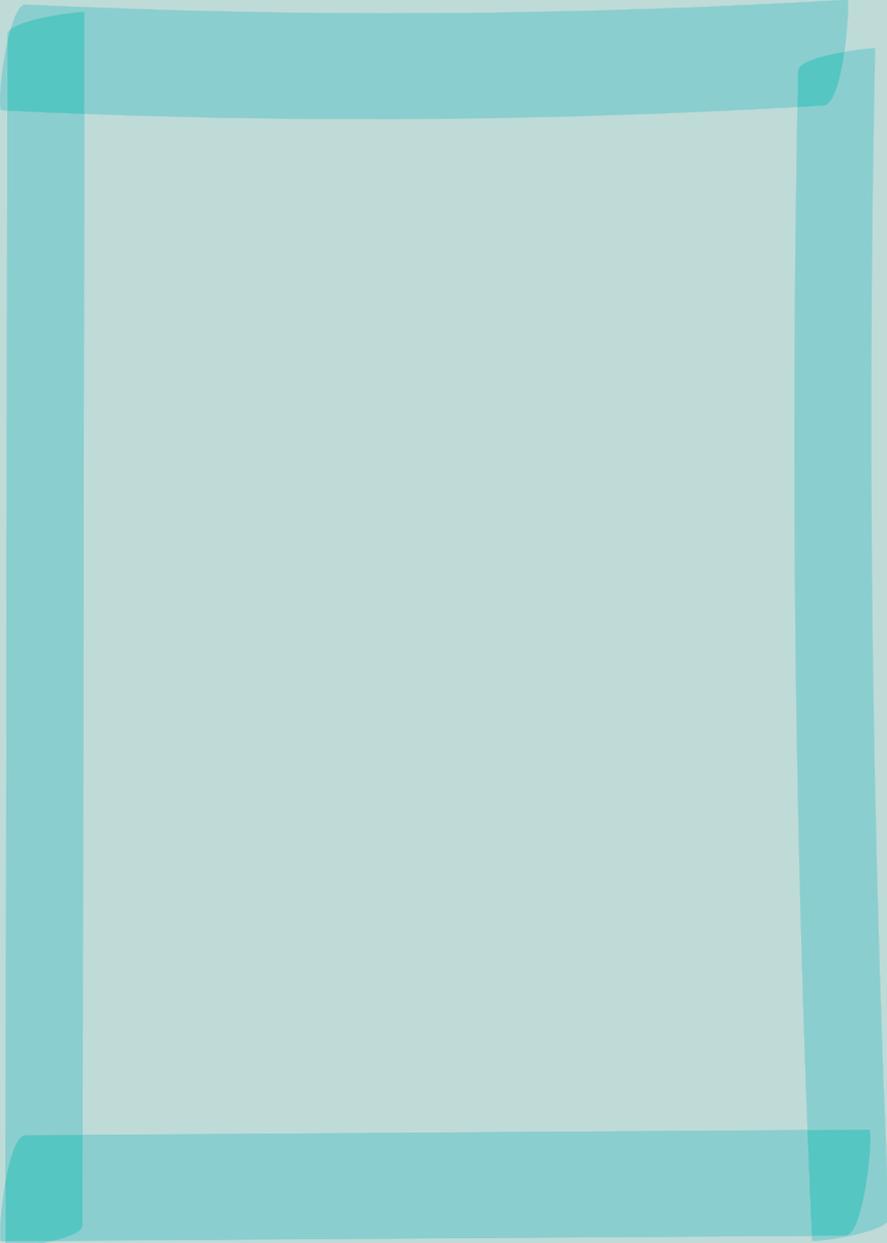
We tell ourselves stories around alcohol. They may seem true, but you can find ways to make them not true.

Stories can include, 'I'm funnier when I drink', 'Drink helps me relax' and, 'Only alcohol can taste this good'.

*Questions:*

What are your stories around alcohol and what stories can you tell instead?

## My Thoughts

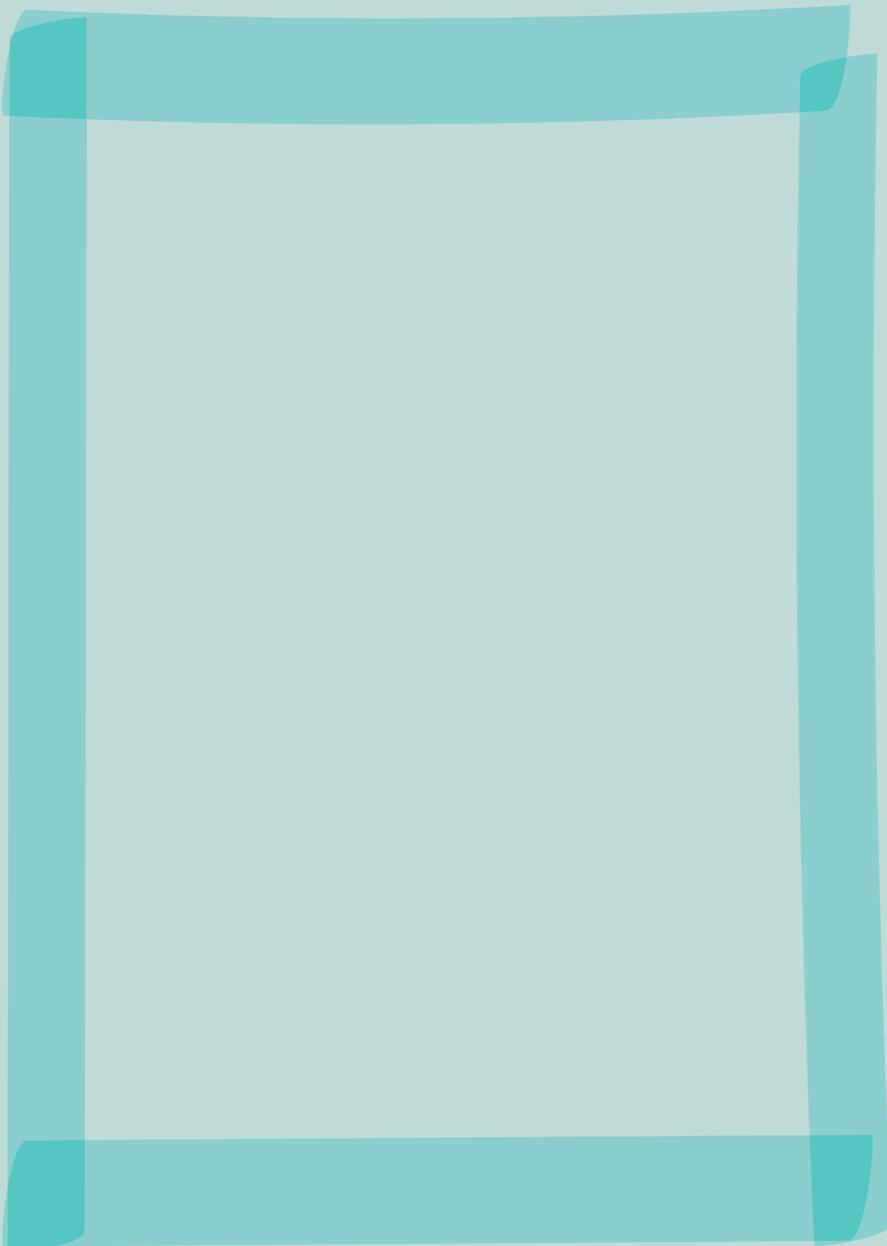


---

# KNOW YOUR OPTIONS

---

## My Thoughts



## Questions

It's important to find new things to think of instead of drinking.

For example, you can find alternative drinks, discover new hobbies, meet up with non-drinkers, or have hypnotherapy.

Just make sure they are things you like and enjoy!

*Question:*

What things could you do instead?

---

# KNOW YOUR ENDINGS

---

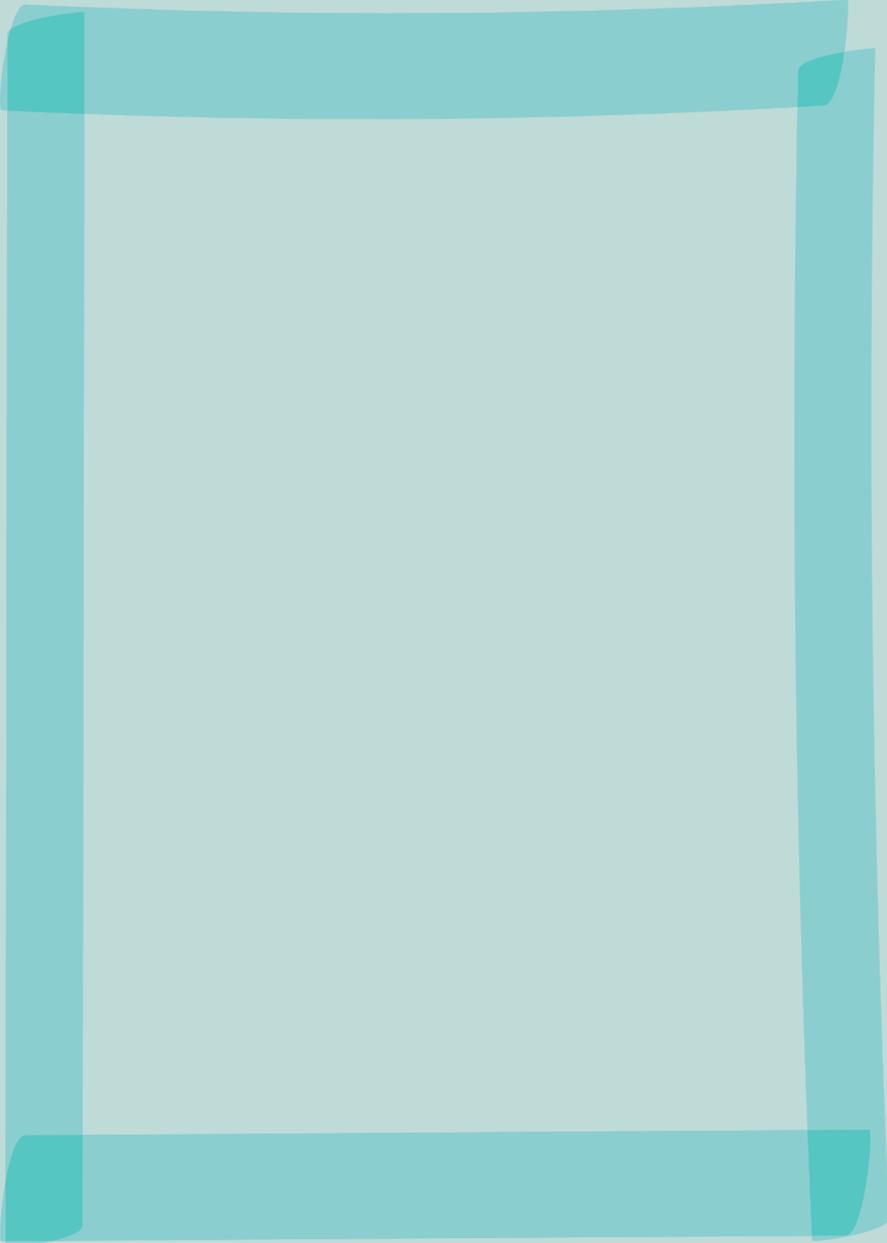
## Questions

You need plans to help you stick to drinking less, especially when people keep offering you 'just one more'. You can smile and say, 'No thanks', develop a support group, use an app that shows you how much money you are saving, writing down daily how good you feel, and more.

### *Question:*

What can you put in place to keep yourself on track?

## My Thoughts



---

# WHAT'S NEXT?

---

## CAN I DO JUST THIS?

I get asked, 'Is this 5 Steps to Drinking Less all I need?'

For many, the answer is yes!

It can be enough simply to:

- Recognise you want to cut down
- Examine the thoughts around why you drink
- Think about why you want to cut back and the benefits that will follow

## DO THE DRINK LESS COURSE

Others benefit from doing my mini-course - the concepts you've see here are in more depth and you have an especially prepared hypnotherapy session to help speed up and consolidate the process.

[Find out more about this short and straightforward mini-course here.](#)

## 1:1 WITH JACQUI CARREL

If you have tried out the techniques in 5 Steps to Drinking Less but are finding it hard to get on track, consider doing my course (see above) or doing a one-to-one 4-6 week programme with me. Working with me means you get full discovery and tailor-made solutions. [Click here to book a free, no-obligation Discovery Call.](#)