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7 months sober what to expect

I'm 7 months sober today and I was thinking of any wisdom I could pass on to those who try to stop drinking or those who are alcohol-free already, but in the early days. To be honest, what comes to mind, is really just about doing the job. No one wants to go through a tunnel of pain ... So we hang near the tunnel entrance surrounded by empty bottles. Often, for years. Error: Enter a valid email address Some of us drink too out of boredom or habit. It is an addictive substance in itself. Booze may seem to make life more interesting and creative and fun. Like a kind of energizing tonic. Some of us drink because life can be disappointing and we drink to numb our feelings. Sometimes it is an old trauma of our childhoods that attracts us to this quality of numbing. Sometimes we mold our parents by drinking habits. Alcohol can seem to make life and our feelings or disappointments feel more manageable. Like a soothing tonic. This almost feels like wellness. I used alcohol for both of us. To regulate my emotions, to energize and numb depending on what I needed at the time. boozing too much, whether by custom or something deeper, is avoiding doing the job. So why doesn't drinking really work when you feel so good? Because it only works on the surface. Like all addictions. It may be so nice at the moment, but seriously it doesn't address what's really going on. When I plan to drink a few sharps again before going out with friends, everything would make me more fun and chatty, but everything was superficial. Like a character I was creating. It's not really me. And now I've been sober for 7 months, it blows my mind a little bit, that the superficial level of 'help' alcohol provided seemed good enough for so long. It wasn't good enough!! It's not good enough!! And that included putting up with the hangover shit that comes with. Horrible dry mouth, headache, anxiety, yuk. We deserve better!! There is a lot of research on how we as human beings do a lot to avoid pain. Avoid consciousness and real work. And boozing too much, whether out of habit or something deeper, is avoiding doing the job. Nobody wants to go through a tunnel of pain. We don't know what's in there, bats and what's not. So we hang near the tunnel entrance surrounded by empty bottles. Often, for years. Whereas if we are brave little soldiers and go into the tunnel and start working through the dark obstacle course there, the light at the other end becomes brighter and closer than where we started. We learn to deal with things there as we go. And there is no promise of a rabbit field at the other end of the tunnel, and there will probably be more tunnels in the future to go through. But let's know what to expect and Tools and be prepared to deal with any shit there. And the idea is that once we're off the other side, we can go our lives in a more authentic way. Not just applying an alcohol bandage that doesn't really help you. It doesn't help. The pain is fine. Sitting with the hassle of quitting drinking alcohol is fine. Face your fears and look them forward. We often avoid change based on fear. Going alcohol-free can feel scary, but it's also an adventure. We should all feel very proud of ourselves for wanting to do this. By putting alcohol, we're taking the first step in the tunnel. People say growth is painful. And it is. But rinsing and repetition of madness and avoidance is more painful in the long run. This expression, we have a shot at life, for me it's the kind of shit that keeps us in a self-limited place. Life is also short. Hopefully this sucks too. It's never too late to choose to live any other way. If you are sober curious ... If you are drinking too often and want to stop or take a break... or if you have stopped drinking and are trying to stick to sober! Talk to us. We are an independent, anonymous and private community that shares resources, supports and speaks it every day. It helps to have a community behind you in a world where alcohol is the only addictive drug that people will question you for not using You can read more about us [Here](#) and [join here](#) Download the Mighty Networks app [here](#) for free easy access and search BOOM Rethink the Drink: [community support 24-7](#) or [sign up](#) and [sign up here](#) [How Are You Going](#)

Sober? B Being responsible Talk to us We understand avoiding alcohol as the Herel Ideas plague Let you enjoy regular sober herea ideas Let yourself cry when necessary Ideas Here Nods your body with good food Ideas Herec Create Happy memories and fun Ideas Here Enjoy the precious moments in your day Ideas Here W work hard to get what you want Ideas Here Organize things for less stress Herer Ideas Realize that you can't control all the Herek Keep ideas go and prepare for success Heres Ideas Sleep enough for body and mind rest Sleep Solutions What happened when I stopped drinking for 100 days Follow, have a drink. Go ooooooon! What's wrong with you? Stop being so boring. If you've ever tried giving up alcohol, even for one night, you're bound to have heard a version of the above from at least one of your friends. In the past I had only made half-hearted attempts to stop drinking and that was always enough to get rid of me. But the good news is that once you've decided you want to stop, overcoming this obstacle is as hard as it gets. For many of the people I spoke to for this article, and for me, as I hit six months of not drinking, social situations are the most difficult. Throughout our evolution as a we humans have been hard to follow the crowd – our ancestors who did were more likely to survive to transmit their genes. But there are ways to reframe make it easier for you to stand your ground. Not drinking: the new rebellion When I was younger, a big part of drinking was about rebelling. But as adults there is nothing more mainstream than drinking. It is so deeply woven into our society to go mostly without comment. Can you imagine many of our social rituals without it: weddings, birthdays, Christmas parties, even funerals? Embracing the spirit of rebellion that attracted many of us to alcohol in the first place is a way to withstand peer pressure. Drinking and being wild used to be a form of rebellion in a way, says Nic, a 34-year-old property developer who gave up alcohol just after New Year's Eve. Now I find that not drinking goes against the grain, and strangely I like to be the odd one. The spirit of rebellion against what the previous generation did is one of the reasons why many younger people choose not to drink. Research in 2015 showed that the number of under-25s opting for total alcohol abstinence jumped by 40 per cent in just eight years, with young people overtaking older people as the most sober generation. In addition to the health and rebellion aspects there is also a theory that a generation that entered their drinking years when social media was already around quickly learned to moderate their behavior rather than be publicly humiliated. For my generation, any evidence of drunken indiscretions should first be developed and then physically delivered around. Giving up is easier than you thinkOnce walks past your friends pressing you to drink at the beginning of a night out, going alcohol-free becomes a lot easier. It hasn't really seemed difficult to me - the first few weeks breaking habits was the hardest thing, says Sarah, a 42-year-old personal trainer. But now it's more normal. Social pressure is the toughest – it's really socially unacceptable not to drink and that's crazy when you think about it. Nic agrees that after passing the initial phase is plain sailing. The initial month was tough, he says. But that quickly narrowed. Other than that, the temptations have been very few and far between. You make better decisions While there are obvious direct health benefits of not consuming alcohol, there are many more benefits that result from you being in the right mood to make better decisions – about what you eat or, for me, how you spend my money. I bought a lot of stuff I didn't need last year and much of it came from buying hungry comfort for gadgets online. For some people it means thinking more about how and who they go out - and how far they will go on a date. I wanted to make conscious decisions especially when it came to men, camille says, 37-year-old wellness facilitator. I've really led things up when it comes to being intimate when it comes to dating, and this has allowed other areas to develop, and more to build that I did not expect. The battle between your superior self and your animal impulses In my teaching meditation, I talk about how one of the basic aspects of the human condition is that we have contradictory voices in mind. We are goal-oriented thinkers who make plans towards our glorious futures and the product of our most animalistic pasts, creatures that can only think now and take all the pleasures that come. In fact, we have different parts of our brain that control these different parts of us. What we think of as our most rational self lives in the prefrontal cortex, the outer part of the brain that came relatively late in our evolution. This higher self has to contend with our primary impulses, which come from the limetic and reptilian parts of the brain. These are worried about survival and basic functions – eating, fighting, mating – just your regular Saturday night out! When we drink, alcohol decreases activity in the prefrontal cortex, so we often make bad decisions when we are drinking. The part of the prefrontal cortex can be said in the taxi at the exit, Only two drinks and that's it – I have a lot of work to do tomorrow. But the later you who have had two drinks is operating from a different part of the brain and is much more likely to override this. (By the way, meditation helps strengthen the prefrontal cortex and means your taller self will be in the driving seat longer than the time.) Related: Meditation technique to help you stop drinkingModeration vs. go all in An option to consider – and one that many people have pushed me – is to reduce instead of cutting completely. While this is better than continuing to drink heavily, it can be much harder to handle. It's rare to meet people who can maintain their willpower after a couple of drinks (see above). I definitely had dependency issues and a propensity to self-medicate, especially in high stress situations that is prevalent with the business I have, says Nic. The obvious answer, once I was honest enough to deal with it, was to remove alcohol entirely from my life, since moderation was simply not something that I was able to. In addition to his willingness to be able to sink into the moderation approach, it is much easier for his friends to twist his arm. I'm not drinking is a much stronger position that I'm just having a partner. (Supplied) There are no absolute truths What I've learned these last six months is that there are no absolute truths when it comes to alcohol – not everything is good, but not everything is bad either. We all have our personal relationship with her. People will try to tell you what the best approach to alcohol is, but everyone is different and everyone is at a different stage. What is suitable for another is not necessarily right for you. And what it was like to be for you yesterday is not necessarily right for you today. I've had countless amazing drunken moments and wouldn't trade them for anything. But now it feels good not to drink – for now, at least. And if it's the right time for you too, then you have to respect that and go with it. It may not be the right time for some of your friends, but on your own travels. Embrace the new rebellion and follow your own path. CampNic reports, 34, real estate developer - Day 170 off alcoholWhat inspired you to stop drinking? I felt controlled by my habits that I deeply liked. You could also see a correlation with alcohol use and bad decisions and bad moods. I wanted to take control of these situations as well as generally improve my health. Benefit number one? It has helped my relationships, I have regained my hunger and motivation, I have improved my health (training again and having lost 10kg) and it has given me the time and drive to do many more extracurricular activities. The toughest challenge? The hardest part is probably people understanding why I'm doing it, and not feeling uncomfortable or confronted by my decision. I find that many friends don't know how to socialize or spend quality time without having alcohol, and there are some people I've seen less since I stopped drinking. Camille, 37, welfare facilitator – Day 247 of alcoholWhat inspired you to stop drinking? I wanted to feel more connected consciously, not fall asleep or avoid my emotions. Benefit number one? A more stabilized mood, weight loss and having a lot more awareness regarding my emotions and being able to process it in a loving way. The toughest challenge? Friends I used to drink with feel uncomfortable around me because they feel they can't drink in front of me. Kylie, 48, public speaker - Day 80 off alcoholWhat inspired you to stop drinking? My grandfather died of alcohol poisoning and my mother and brothers are great binge drinkers - I wanted to stop repeating the story. Benefit number one? Instead of pouring a drink on the bubble-or-clock (5pm every night) and watching tv that we asleep the mind, I now use that time to work in my business, so now I get a lot more productivity from my day. The toughest challenge? By far the hardest part has been keeping my social life sober - going to bars, pubs, social events and drinking water. For the first three weeks I was a hermit. Now I'm going out most weekends, but I'd be lying if I said I'm enjoying the experience! Sarah, 42, personal trainer - Day 87 off alcoholWhat inspired you to stop drinking? I felt intuitively like I needed a break. I wanted to break the need to drink every weekend, every time I would have dinner, etc. Benefit U? I like how I feel so clear all the time. And the money I'm saving! I never drank during the week, but now I feel like I've released the need to always drink on weekends. Quentin, 39, 39, – Day 177 out of alcoholWhat inspired you to stop drinking? It started as a gamble with a friend, but I moved on after it was taken for granted. I've done this before and it seems to me that after a couple of months, not drinking gains a boost of its own. Benefit number one? The feeling of being in control: they make you more tempered and more decisive. So I don't stay for hours at events I'm not enjoying, for example. And I find it easier to stick to other plans, like working my distance running. The toughest challenge? It made me a little antisocial, at least for starters. Once you've been talking to people for half an hour or so, it's easy to forget you're not drinking. But I don't always want to show up in the first place. Rory Kinsella teaches vedic meditation in Sydney, which he credits with giving him a willingness to stop drinking. He leads a free introductory talk most Monday nights in Bondi. Click or tap here for more information. Sign up for your online meditation course designed to help people reduce or quit alcohol. Alcohol.

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