



euphoric

———— DITCH ALCOHOL ————
and Gain a Happier, More Confident You

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A PDF COMPANION TO THE AUDIOBOOK

Euphoric

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Names and identifying characteristics of some individuals have been changed to preserve their privacy.

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LET'S GET STARTED!

YOUR JOURNALING HOMEWORK

Let's get started on your first journaling assignment. This pre-homework before we begin the plan is meant to help uncover your deeper why. Take out your journal and answer the following questions:

- Why did you pick up this book?
- Why do you want to drink less or not at all? What negative effects about alcohol do you absolutely hate (hangovers, poor sleep, letting yourself down, feeling unhealthy, worrying about it, etc.)? Get specific and try to think of at least ten reasons.
- Who do you hope to become in the process?
- Why is it important to you that you live healthier, be more intentional, and connect with yourself?

Examine and Dismantle Limiting Beliefs

WEEK 1 MOCKTAIL

SPICY GINGER MANGO

I had a version of this mocktail at a hip restaurant in Vancouver and re-created the flavors at home. Spicy and tropical—I love it!

MAKES 1 SERVING

- 4 ounces ginger beer
- 3 ounces mango juice
- Juice of half a lemon
- 3–4 slices fresh jalapeño
- Ice
- Sparkling water, to taste
- Dash of ginger bitters, if desired

Put the ginger beer, mango juice, lemon juice, and 2–3 jalapeño slices in a cocktail shaker with ice and shake vigorously. Pour the mixture over ice in a glass and add sparkling water to your liking. Top with ginger bitters, if desired. Garnish with one jalapeño slice.

YOUR JOURNALING HOMEWORK

Excellent job this week! You're amazing! Before the week's end, answer the following questions in your journal:

1. Why do you *like* to drink? List all the reasons you like to drink alcohol—for example, *I like to relax and unwind after a busy week, I like to treat myself, I like to socialize with alcohol*, and so on. Try to tease out all the reasons you believe you enjoy drinking and keep this list handy for week 4. By then, you'll have enough evidence to prove that these reasons may not be entirely true.
2. What cues lead you to want to drink? Stress? The weekend? 5:00 p.m.? Vacation? Socializing? List all of your cues. What new rituals will you incorporate instead? List as many as you can think of.
3. What does it feel like to give in to a craving? How do you feel a few hours later or the next day? Did acting on the craving make you feel more fulfilled? The next time you have a craving, take out a journal and describe it and what events or feelings led to it.
4. List at least five things you're grateful for this week.

WEEK 2

Let Go of Shame

WEEK 2 MOCKTAIL

PINEAPPLE TIKI DRINK

Spiced tea is a revelation. It adds so much body to a drink and can be used to replace rum in any tiki-style cocktail. Treat yourself with a comforting and indulgent mocktail made with spiced tea:

MAKES 1 SERVING

- 3 ounces spiced tea, like chai or Bengal, steeped and cooled
- 4 ounces pineapple juice
- 1.5 ounces cream of coconut
- 1 ounce orange juice
- Ice

Put the spiced tea, pineapple juice, cream of coconut, and orange juice in a shaker with ice and shake vigorously. Pour the mixture over ice in a tall glass and garnish with a tiki umbrella or a flower.

YOUR JOURNALING HOMEWORK

Forgiveness is meant for you every time you've let yourself down or for anything you've done that you regret. It's an important step to embrace yourself for who you've been, love yourself for who you are, and forgive yourself for your shortcomings. You were doing the best you could, and all of it brought you here today.

There's an old Hawaiian prayer, called the Ho'oponopono prayer, that you can recite to clear the negative energy, process and heal what needs to be processed and healed, and release your shame to the universe, so it leaves you with less emotional charge.

Find a quiet place and sit down with your journal. Play some relaxing music and light a candle. Take a moment and inhale deeply for the count of four. Hold for the count of four. Release on the count of four. Repeat four more times. Let yourself relax. *Breathe*. Think of the memory or aspect of yourself that brings you pain and shame. Say the prayer aloud to yourself: "I forgive you. I'm sorry. Thank you. I love you."

Now grab your journal, write down each phrase, and expand upon each one with a few sentences.

- I forgive (the shame-inducing experience—write it all down)
- I'm sorry (for my contribution to it)
- Thank you (for what it taught me or where I am now because of it)
- I love you (for doing the best I could with the tools I had/for being a wholly imperfect human, etc.)

Last, write your name and the words: "I forgive myself. I was doing the best I could with the information I had. I am learning and growing in ways that are new, and I forgive the past version of

myself who didn't have these tools." When you finish, repeat the prayer again—"I forgive you. I'm sorry. Thank you. I love you"—as you think of this memory and release it.

Lots of emotional work this week! Your bravery inspires me. While this week's topics were challenging, I hope the introspection gives you an emotional release. You owe yourself forgiveness and freedom from shame or blame.

Step into Your Best Health

WEEK 3 MOCKTAIL

GREEN SMOOTHIE

I love to drink a green smoothie every day, to sneak more veggies into my life. The avocado makes it creamy and helps blend the greens. You can swap in kale or add frozen mango. Feel free to experiment and find the combination that's most delicious to you.

MAKES 3 SERVINGS

- 1 banana, peeled and sliced
- 1 avocado, halved, pitted, peeled, and sliced
- 1 apple, cored and sliced
- 4 ounces spinach
- 1 tablespoon ground flax seed
- 1 teaspoon turmeric
- 5 cups water (or use coconut water or plant-based milk)

Put the banana, avocado, apple, spinach, ground flax seed, turmeric, and water in a blender and blend on high for 3 minutes. I drink one-third of the smoothie right away, then pour the rest in a mason jar to save in the refrigerator for later.

YOUR JOURNALING HOMEWORK

This week, we're going to start the powerful practice of visualization. Get your journal, put on some meditation music, sit down, and relax. Take four long, deep breaths. Imagine it's a year from today. You kept going on your alcohol-free journey and don't miss drinking a bit. Everything in your life has improved, including a surge of confidence and a belief that anything is possible.

You feel incredible in your skin, love moving your body, and are fitter and healthier than you've ever been. You love to take care of yourself. You appreciate your body so much, its strength and stamina, and are filled with energy to take on your wildest dreams.

What does this look like to you? Think of three imaginative ways you take better care of your health. Are you a long-distance runner? A yoga teacher or enthusiast? What does your relationship to healthy foods look like? What do you eat? Do you cook more? Let your imagination have fun.

At the end of your visualization, journal about what you saw. Can you see how the lifestyle you're embarking on could lead you to your dream goals? In contrast, do you think drinking alcohol could lead you there?

WEEK 4

Navigate Your Social Life

WEEK 4 MOCKTAIL

Try a Kin Euphorics, Saint Ivy Moscow Mule, Gruvi Dry Secco, Curious Elixirs, or Surreal Brewing nonalcoholic beer!

YOUR JOURNALING HOMEWORK

Go back to your journal entry from week 1 and revisit the top reasons you like to drink. Now that you've been experiencing life alcohol-free for almost four weeks, you probably have a lot of alternative evidence to prove those beliefs wrong. Take each belief and ask yourself: Is it scientifically true? Is it fundamentally true no matter what? Is it true for all people? Does it empower me or disempower me? And can you find alternative evidence to prove the opposite of each statement?

Some of the reasons why I used to like to drink were: Drinking makes me confident while socializing, drinking increases my social life, drinking reduces stress, drinking relaxes me, drinking numbs pain, drinking is fun, and drinking is sophisticated.

- *Drinking reduces stress.* If reducing stress means putting your head in the sand for a while, then sure. Drinking merely took me out of my mind for a while. Everything I was stressed about was still there in the morning and compounded by a headache or hangover. I had more ruminating and racing thoughts. Drinking also made me feel less capable of handling my life. It added more stress and worries, not less.
- *Drinking is fun.* Drinking might seem fun in the moment, but how much can that be attributed to drinking versus the fun situation I was in? I always drank at social occasions, so did the alcohol make it fun, or was it fun because I enjoy hanging out, laughing with, and talking with my friends? Sometimes it seemed like staying in and watching a movie was fun with some wine. But halfway through the movie, I'd stop being interested and get sidetracked by social media. Sounds pretty dull to me.

Keep these new beliefs handy and be patient about the process. Your old beliefs took thirty-plus years to form around alcohol. Deconstructing them can take time and effort, but it's so worth it.

WEEK 5

Get Mindful and Embody Self-Love

WEEK 5 MOCKTAIL

GUAVA ROSE

Embody even more self-love this week with this gorgeous rose mocktail.

MAKES 1 SERVING

- 3 ounces rose tea, steeped
- 4 ounces guava nectar or juice
- 1.5 tablespoons rose water
- 1 teaspoon grenadine, for color
- Ice
- Sparkling water, to taste

Put the rose tea, guava nectar, rose water, and grenadine in a cocktail shaker with ice and shake vigorously. Pour the mixture into a glass with ice. Top with sparkling water to your liking.

YOUR JOURNALING HOMEWORK

Your ability to go deep and create this level of insight in your life is nothing short of remarkable. This week, use the following reflections to go even deeper:

- Think of ways to express your emotions, and then do them this week! For example, when you feel angry, you can punch a pillow or do a high-intensity interval workout. When you feel sad, you can take a bath, cry, and treat yourself like a child that needs comfort and reassurance.
- What are you grateful for this week? Does focusing on it change your mood or perspective?
- How did drinking affect your self-esteem and self-love? Do you see a shift since you've been alcohol-free? What does self-love mean to you today?
- What are your top five values? Which version of you—drinking or alcohol-free—allows you to live in congruence with them?
- What's one mindfulness practice you'd like to incorporate into your life?

WEEK 6

Find Pure and Utter Happiness

WEEK 6 MOCKTAIL

SPICY GRAPEFRUIT

I love pink drinks. They make me happy.

MAKES 1 SERVING

- Juice of one large grapefruit
- Juice of half a lemon
- 1 teaspoon grenadine
- 6 slices jalapeño or serrano pepper
- Ice

Put the grapefruit juice, lemon juice, grenadine, and three jalapeño slices in a shaker with ice and shake vigorously. Pour the mixture in a short glass with ice and garnish with three jalapeño slices.

YOUR JOURNALING HOMEWORK

Find a day this week to do what brings you the most joy. Write down a plan for the most perfect relaxing day.

I'd start my day with a big cup of coffee on my patio, along with my journal and a good book. I'd spend the early morning reading and writing. Then I'd love to go exploring, whether walking through a farmers market or going on a new hiking trail with my hubby and dog. For dinner, I'd go to a hip restaurant I've been wanting to try. And my perfect day would end with enough time for a relaxing bath and more reading before bed. It's simple, doable, and pure joy to me.

Use today as a test pilot for what you want to infuse into your every day.

Create Your Dream Life

WEEK 7 MOCKTAIL

PASSION FRUIT ZINGER

Playing with different juices, teas, fruit, and sparkling water combos is fun. Expand your tea selection and experiment with making mocktails with jasmine green tea, spiced tea, and vanilla tea.

MAKES 1 SERVING

- 4 ounces passion fruit juice
- Juice of half a lime
- 2 ounces vanilla tea,
steeped and cooled
- Mint, for garnish

Put the passion fruit juice, vanilla tea, and lime juice in a shaker with ice and shake vigorously. Pour the mixture in a tall glass with ice and garnish with fresh mint.

YOUR JOURNALING HOMEWORK

I hope you're excited about all the incredible ways you get to encounter this world. I want you to make a bucket list of all the activities or experiences you want to try in your lifetime. Think of fifty out-of-the-box things you'd like to experience one day—things you want to do, have, or be. You can think of fun stuff, like zip-lining or seeing the Northern Lights (do), owning a business or a house by the sea (have), and becoming a writer or millionaire (be).

Once you have your list, what are three things you could realistically challenge yourself to do in the next ninety days?

I want you to start one today! Sign up for the French lessons. Buy the website domain. Research that trip to Japan. Take a baby step today to finish or start one of the items on your bucket list.

Step into Your Purpose

YOUR JOURNALING HOMEWORK

Find a quiet place in your house and set the mood. Put on some meditation music and do four rounds of box breathing (in for the count of four, hold for the count of four, exhale for the count of four, and hold at the bottom for the count of four). In your journal, allow yourself to dream your ideal life within the following categories:

- Legacy and mission/career
- Romantic relationship
- Family, friends, and network
- Health and wellness
- Financial wealth
- Travel and lifestyle

Write five sentences (in the present tense) of what you'd love to have in each category in your dream life. For example, for romantic relationship I could write: I have a soulmate marriage. In health and wellness, I could write: I'm an avid cyclist. In travel, I write: I spend months crisscrossing Europe. For each category, take a few moments to imagine your sentences coming true. Picture yourself in that Roman café, having an espresso and biscotti in front of the Pantheon. See yourself waking up with the sunrise to go cycling across the countryside in the early morning light. Visualize yourself with a devoted and loving partner. Picture the business, the money,

the impact, the magnitude of your desires fully manifesting for you. Really use your imagination.

If you uncovered new goals and life dreams for yourself, that's amazing. Use these visions as new affirmations in your journaling and get started on the smallest baby step today.