

21-Day Alcohol FAST Journal - Day 10

Allow 15-20 minutes for this exercise. Find a quiet space where you won't be interrupted. Begin with a few deep breaths to center yourself.

- When cravings hit today, what emotions preceded them?

- Which mindfulness technique(s) can you use to overcome your cravings?

- How can you reframe each craving as an invitation to connect with God?

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- This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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- This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.