

21-Day Alcohol FAST Journal - Day 13

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.

1. Reflecting on your current belief that “alcohol relaxes me”:

- How long have you held this belief?
- What experiences have reinforced it over the years?
- Has alcohol's effectiveness for relaxation changed over time? If so, how?

2. Examine the clarity around this belief:

- How does the belief that alcohol relaxes you make you feel?
- How does it make you behave?
- What are the longer-term consequences you've noticed or expect to experience if you continue to hold this belief?
- How does this belief impact your relationship with God?

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.

3. Exploring new beliefs:

- What alternative beliefs about relaxation feel authentic to you right now? (Remember, you don't have to jump straight to "I never need alcohol to relax" - what feels true today?)
- What evidence can you find in your life that supports these new beliefs?
- What scripture verses resonate with you about finding peace and comfort in God?

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