



21-Day Alcohol FAST Journal - Day 16

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. How does understanding alcohol as ethanol (poison) change your perspective on drinking?**

- 2. What beliefs about “genetic predisposition” to alcohol problems have influenced your drinking choices?**

3. What emotions come up when you think about alcohol as inherently addictive rather than something you're genetically predisposed to struggle with?

4. How might this scientific knowledge about alcohol change your behavior after your fast has concluded?
