

21-Day Alcohol FAST Journal - Day 17

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. Describe a specific time when you blamed your “addictive personality” for your drinking behavior. What were you telling yourself in that moment?**

- 2. Now, reframe that same situation through what you’ve learned throughout this fast about how alcohol affects the brain. How does your new understanding change your perspective?**

3. How does it. make you feel knowing there is no such thing as an “addictive personality?”

4. Looking forward, how does releasing the “addictive personality” label free you to make different choices about alcohol?
