



21-Day Alcohol FASTJournal - Day 18

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. Reflect on a truly happy memory. What made it special beyond any alcohol that may have been present?**

- 2. How has alcohol borrowed happiness from your tomorrow (i.e., caused brain fog or a debilitating hangover)?**

[illegible][illegible]