

21-Day Alcohol FASTJournal - Day 20

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 has the belief that “alcohol in moderation is healthy” influenced your drinking decisions?

2. What health improvements have you noticed during this fast?

3. How has your spiritual connection with God been affected during your alcohol-free days?

4. What fears come up when you consider that there might not be any truly “safe” level of drinking?

[illegible]