



**Gracefully
Sober**

Joyful Living. Fully Free.

21-Day Alcohol FASTJournal - Day 7

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.

Identify at least one limiting belief you have about alcohol (or whatever habit you are breaking, society, or yourself and complete the ACT Technique* for each limiting belief following the prompts below.

A = AWARENESS

What is the painful or limiting thought or behavior that you want to change?

Are you certain this thought or behavior is true? Yes/No

Is this belief yours or someone else's?

When did you decide to believe this thought or enact this behavior?

C = CLARITY

How does this thought or behavior make you **feel** (past, present, future)?

How does the thought or behavior make you **behave** (past, present, future)?

T = TURNAROUND

What is another thought or behavior, that you actually believe or would do, that would feel better and more empowering?

How does this turnaround make you feel?

How might this turnaround make you behave?

How and when will you implement this new thought or behavior?

**Adapted from This Naked Mind Institute The ACTing Playbook
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