

Calm Your Inner Voice Scripts

What to Tell Yourself *Instead* When the Craving Hits

When your brain says, “I need a glass of wine,” in many ways it’s not lying—it’s just trying to help you feel better in the only way it knows how (because it’s what you have taught it).

These scripts offer new words, new pathways, and new patterns. Keep them close for the moments you feel wobbly, restless or tempted to check out.

1. 🖐️ The “Pause + Pivot” Script

Use this when you feel the craving hit out of nowhere.

“This craving is a wave. I don’t have to fight it. I can choose to surf it, letting it wash over me without drinking.”

“I’m allowed to want relief. I’m also allowed to find a version that doesn’t backfire.”

Tip: Set a timer for 10 minutes. Do one nervous system reset (like deep breathing, cold water, or a quick stretch.)

2. 🌿 The “I Deserve Something Good” Reframe

Use this when your brain says, “I earned a glass.”

“I *do* deserve something comforting. I deserve something that helps me feel better now—and still good tomorrow.”

“Pleasure doesn’t have to come with a price. Let’s find something that feels like a treat *and* a win.”

3. 🗨️ The “Decompress Without Damage” Pep Talk

Use this when you're overwhelmed and wine feel like the easiest escape.

“I’m allowed to need a break. I’m allowed to feel done. But I’m not going to solve burnout with something that adds more tension tomorrow.”

“Tonight, peace means stopping—not numbing. I can create that in 5 minutes.”

Tip: Pair with your Stress to Serenity guided audio for a quick nervous system reset.

4. 🧘 Calm-Down Mantras (Print or Save to Phone)

Cut these out. Post them. Whisper them if you need a shift.

“This feeling will pass. I’m staying rooted.”

“I choose calm over resisting.”

“Relief is possible without regret.”

“I’m building a life that doesn’t need escape routes.”

5. 👁️ The 2-Minute Mirror Script

Use this out loud, standing in front of a mirror. (Yes, really.)

“You don’t have to be perfect. You don’t have to be strong. You just have to be honest—and honest you doesn’t want to wake up anxious tomorrow.”

“You’ve done hard things before. You can get through this craving. Let’s give yourself something *real* tonight.

Even one line out loud can snap you out of the spiral.

How to Use These Scripts

- Save them as phone wallpapers or keep them in your Notes app.
- Print + tape your favourite one to your fridge/wine cabinet.
- Record yourself reading a few and play them back like a voice memo coach.
- Say *one* line before you open a bottle—just a breath of awareness can change the outcome.