

ANNA CHARLES PRESENTS ...

8 HABITS HOLDING YOU BACK

AND HOW TO BREAK FREE





SOUND FAMILIAR?

You wake up certain you won't drink tonight, but by 6pm you're pouring the wine when preparing dinner because you "deserve it."

You have a loving family, fulfilling career, beautiful home and all-round wonderful life—except you think you drink too much.

The odd glass of wine to take the edge off has become a nightly habit and one never seems to hit the spot anymore.

You know you don't need AA, in fact you're not even sure you want to give up drinking for good.

But you can't go on as you are, stuck on the hamster wheel of waking up determined not to drink tonight ... to wondering whether one glass would be so bad ... to making a beeline for the fridge at 6pm ... to polishing off the bottle because you can't stop once you start ... to waking at 3:00am filled with remorse ... to fearing you'll do the same all over again tomorrow.

I know how it feels—I've been there. But I've left that behind, and I made this guide to help you do the same.

First I'll explain why you're stuck in the habit and then I'll tell you what to do instead.

HABIT -> SOLUTION



HABIT

🧠 You logically know the 'more-is-better' mindset is a recipe for failure, but when cravings appear you always end up thinking "one more won't hurt."



SOLUTION

🤔 Instead of telling yourself to "just put the glass down," ask, "What am I really craving?" Is it connection, rest, joy? This shifts your desire from mindlessly drinking to seeing what you really want.



HABIT

😞 You know your nightly wine habit isn't good for your health, but how else are you supposed to unwind after the kind of day you've just had?



SOLUTION

👐 Instead of saying, "I just need a drink," give yourself room to be human. After a busy day it's natural to feel tired. The need to escape into a bottle of wine is less intense when you remind yourself your feelings are normal.

HABIT -> SOLUTION



HABIT

🙄 You avoid meeting friends at the bar because every time you think, "It's not fair - I wish I was drinking too."



SOLUTION

🤔 Instead get curious and ask, "What is there for me to enjoy right now?" Train your brain to look beyond the alcohol.



HABIT

😬 You dread the moment your husband opens the wine and says, "Oh come on - live a little! Don't make me drink alone!"



SOLUTION

💡 Instead of giving in, ask yourself, "I wonder why he's making this about me?" Maybe he's worried about his drinking. Maybe he envies your self-control. Maybe he's struggling. By getting curious, you stop making it about you.

HABIT -> SOLUTION



HABIT

😞 At a party you tell yourself, “This would be more fun with a drink.” And believe it.



SOLUTION

🙌 Instead consider the possibility that you’re not the only person in the room finding it hard to have a good time. Normalising your struggles makes them easier to handle.



HABIT

🔄 It’s like being stuck in Groundhog Day, telling yourself in the morning that you won’t drink tonight, but deep down, you’re afraid you’ll give in.



SOLUTION

🎯 Instead of *hoping* things will be different tonight, set an intention for the day. Write a plan, be prepared for any obstacles and decide what you’ll do if you don’t succeed. Repeat.

HABIT -> SOLUTION



HABIT

👹 You polish off the bottle and tell yourself, “I’m such a screw-up—when will I ever learn?”



SOLUTION

👨‍🎓 Instead be willing to learn from last night and ask what you could do differently, rather than labelling it as another failure you’d rather forget.



HABIT

👤 You see yourself as an ‘all or nothing’ person because “all bets are off once I start drinking.”



SOLUTION

🤔 Instead of repeating this story, ask, “I wonder why I don’t want to stop?” The answer is always because you don’t like how it feels when you say no. But the more you go towards this discomfort, the easier it becomes.



NOW GO TAKE ACTION

You've learned how to rewrite 8 common stories about drinking that keep daily drinkers stuck. You've also learned how to reframe your behaviour to inspire action.

Now, go take that first step!

Don't overthink this. Pick a strategy and implement it tonight.

THIS IS JUST A SMALL TASTE OF THE KIND OF TOOLS I GIVE MY CLIENTS TO TAKE THEM FROM FEELING STUCK TO LIVING A FULL LIFE WITHOUT WORRYING WHAT'S IN THEIR GLASS...

...AND THAT'S POSSIBLE FOR YOU TOO.

**FREEDOM AROUND ALCOHOL
IS JUST ONE DECISION AWAY**



ARE YOU READY FOR THE NEXT STEP?

Book a free discovery call with me. I'll give you the exact plan to achieve your desired relationship with alcohol. Fast.

TALK TO ANNA

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