

FROM 100 TO 0:

**HOW TO
NAVIGATE THE
EVENING
TRANSITION
WITHOUT WINE**

WITH ANNA CHARLES

From 100 to 0: How to Navigate the Evening Transition Without Wine

For people who reward themselves with a drink when the day ends and the evening feels flat.

The Evening Crash

You've been running at a million miles an hour since 6:00 am this morning.

After a day of clients, deadlines and emails, your brain is in high go-go-go gear.

And then, stop.

The emails are finished, the hum of the dishwasher fades, the kids are in bed and the silence feels deafening. Maybe the feeling hits the moment you step through the door, or when the noise and pace finally drop.

Clients tell me that sudden drop from busy to still feels like they're crashing into the evening.

And that's exactly why this becomes such a danger zone for drinking.

Because the glass of wine is not really about thirst.

- Sometimes it's about livening up the flatness.
- Sometimes it's about rewarding yourself for the day you just pushed through.
- Often, it's both at once.

This guide is not about finding distractions, lighting candles or filling time with chores. It's about learning how to sit in that transition without automatically pouring a glass.

The Transition Is Not a Problem

Finishing the day means shifting gears, from emails and deadlines to whatever comes next.

For many people, wine became the marker of that transition. For those working from home since Covid, even more so.

But the transition itself is not a problem. Humans have always shifted pace: from work to rest, from light to dark.

The challenge comes when wine is the marker your brain has learned to rely on. Remove the wine and two things often happen:

1. **Your brain feels thrown off.** You want to drink less but because wine has been the signal for “day is done,” your brain protests when it is not there. It assumes the day is not finished which creates that inner tug-of-war: part of you still wants wine even while logically you do not.
2. **You feel lost in the silence.** Without the buzz of work or the buzz of wine, the quiet can leave you feeling unsettled. You do not quite know what to do with your time, the evening stretches out before you and pouring a glass feels like the only way to get through.

Neither of these mean the transition is a problem. They just show what your brain has practiced.

One person’s “boring” evening is another person’s idea of heaven.

- Think about it: there are people paying thousands to go sit in silence on retreat.
- To them, stillness feels luxurious.
- To you, the same stillness might feel intolerable.

And here’s the irony: when the kids were young you would have killed for a quiet evening like this.

The Two Common Thoughts

As the quiet sets in, familiar thoughts start to appear:

- “I worked so hard today, I deserve it.”
- “This evening feels so flat, what else am I supposed to do?”

Both are normal. Your brain is simply searching for relief from the crash that happens when a high-speed day grinds to a halt.

It offers you two unappealing choices:

- Stay bored (which feels awful), or
- Find something stimulating (which takes energy you do not have).

So the drink looks like the easy middle ground: instant relief.

But here’s the catch:

- Wine doesn’t reward you for working hard.
- Wine doesn’t solve boredom.
- Wine simply teaches your brain not to tolerate the stillness.

The Evening Reset

This is one of the most effective ways I teach clients to handle evenings. It helps rewire the link your brain has built between wine and winding down. It’s practical, simple and it works.

1. Notice when the urge shows up

It might be around 2pm when your brain perks up at the thought of wine. It could be when you see you’re on your final meeting of the day. Or not until you’re getting ready to leave the office. Don’t judge it. That anticipation is normal. Your brain is doing what it has been trained to do: expect stimulation. Just name it: *“Oh, there is the thought of wine.”* You can even count how many times the thought pops up between now and evening. Spoiler: it’s usually more than you realised.

2. Catch the crash

It might hit when you get home or when the dishes are finally done and the house goes quiet. This is when the “I deserve it” or “What now?” thought kicks in. Instead of moving to fix it, pause. This is the space where the old loop lived.

3. Do nothing on purpose

No replacement drink. No scroll. No rushing to fill the gap. Just sit there and notice:

- Heavy eyes?
- Restless legs?
- An urge to do something, anything?

Curiosity is your superpower here. Instead of rushing to escape the feeling, take a moment to look at it with genuine curiosity.

4. Ask the real question

Not “How do I fix this?” but “*What if this is not a problem?*”

Because boredom is not a problem. It’s a normal part of the human experience. Just the absence of stimulation.

And one person’s “flat evening” is another person’s heaven. And that sense of reward you’re seeking? It can come simply from knowing you did a good job, no drink required.

5. Stay still a little longer than feels comfortable

Even two minutes longer than usual is enough. The goal is not to feel amazing. The goal is to teach your brain: *I can handle this*. Every time you sit with it, the “emptiness” shrinks.

This is how you retrain your brain. Not by filling every gap, but by proving to yourself that gaps are survivable, and sometimes even liberating.

Optional reflection (if you want to go a little deeper):

- What am I feeling right now?
- What do I want to feel instead?
- How could I create that feeling without wine?

These questions help you see what your brain is really looking for and remind you that you can generate those feelings in ways that don’t involve pouring a glass.

What's Waiting on the Other Side

One client told me: “When I used to drink in the evenings, I would end up bored out of my mind, just waiting for the next glass.”

That is the trap.

Wine does not solve boredom.

It creates it.

The more you drink, the less satisfying everything else feels and the faster boredom gets hold.

When you allow yourself to sit with boredom instead of rushing to fill it, you create the space where genuine pleasure and a genuine sense of reward can grow. And when you look closely, you'll notice there are two kinds of pleasure at play:

- **Consuming pleasure** is the quick fix: the glass of wine, the scroll, the background TV you don't really care about. Easy, but its impact fades fast.
- **Creating pleasure** takes more effort at first: picking up a book, running a bath, starting a side hustle, but it lasts. It builds energy instead of draining it.

Wine promises instant relief, but it teaches you to confuse that with reward. Sitting with boredom reminds you that true reward comes from presence, not escape. Some days are less entertaining and that's okay.

Where to Go From Here

This guide gave you a starting point: how to see reward and boredom differently and how to practice sitting with it instead of rushing to fix it.

The next step is to go deeper - to retrain your brain so wine stops feeling like the only option at the end of the day. That is the work I do with my 1:1 clients.

In my 6-month coaching program, we get beneath these patterns. We don't just talk about what to do when the day ends. We get underneath the “I deserve it” and “I am bored” loops that drive the habit in the first place. Together, we rewire desire so evenings feel lighter, more meaningful, and actually yours again.

If this is the life you want, let's talk. **[Book a free discovery call with me here](#)** and we'll explore where you are, what you want and what it would look like to create real freedom around alcohol. Together we'll build the skills and strategies you need to reach your goal. All you need to ask is whether you're ready to invest in solving this problem for yourself?

About Anna Charles



For years, I lived what most people would call a very together life: a senior leader at a Fortune 500 company, successful, high-functioning. But behind the scenes, I kept wondering if I was drinking too much white wine. I did not want to quit completely or label myself in any way. I did want to be able to take it or leave it. Through research and experimentation, I developed the Off Switch Method: a practical, skills-based approach that helps high achievers retrain their brains, step out of autopilot and drink on their own terms. Today, I coach people who want the same ease I found, where alcohol becomes irrelevant and life feels lighter and more meaningful.

Get started by booking your free discovery call here.