BOOZE FREE BABES

LIVING PROOF

™

THE 72-HOUR NERVOUS SYSTEM RESET

A Weekend of Coming Home to Yourself

Ellen Frazier | Booze Free Babes

WELCOME, BEAUTIFUL SOUL

You're here because something inside you whispered:
"There's another way."

Maybe you're tired of numbing. Maybe you're curious what it feels like to be fully present. Maybe you've been running from your feelings for so long that you forgot what it's like to just... stay.

This weekend isn't about willpower. It's about coming home to yourself.

For 72 hours, you're going to practice something radical: feeling what needs to be felt instead of drinking it away.

You're going to learn that your body is safe. That discomfort won't destroy you. That you can sit with anger, shame, sadness, or boredom without reaching for a bottle.



WELCOME, BEAUTIFUL SOUL

Here's what you're about to discover:

Your nervous system can regulate itself when you give it the tools. Emotions are just sensations in your body—they peak and pass. You've been drinking to avoid feeling, not because you "like the taste." Sobriety isn't deprivation—it's the ultimate act of self-love. You are worthy of feeling good in your own skin.

This isn't about perfection. It's about presence. You don't have to have it all figured out. You don't have to commit to forever. You just have to show up for yourself this weekend.

And I'll be here (in these pages) guiding you home.

Ellen Frazier · 3+ Years Alcohol-Free | Certified Peer Support Specialist | Your Guide Back to You

HOW TO USE THIS GUIDE

This is your companion for the next 72 hours.
Not a rulebook. Not a test.
Just a gentle guide back to yourself.



THE FRAMEWORK:

- Before Friday: Set your intention (Why this weekend matters).
- Prepare your space (Physical and emotional safety).
- Ground in your body (Nervous system baseline check).



FRIDAY EVENING:

- Navigate the transition ritual (Coming home without numbing).
- Body scan practice (Where am I holding tension?).
- Breathwork for regulation (Calm your nervous system).



SATURDAY:

- Mindfulness practices (Stay present with discomfort).
- Somatic movement (Release what's stuck).
- Window of tolerance work (Notice your edges).



SUNDAY:

- Integration and reflection (What did I learn about myself?).
- Compassionate self-witnessing (Love all the parts).
- Choose your next step (Where do I go from here?).



THROUGHOUT:

- Journal prompts when you need to process.
- Meditation guides when you need to ground.
- Emergency regulation tools in the bonus Regulation Toolkit.

WHAT YOU'LL NEED + THE PROMISE

WHAT YOU'LL NEED:

- ☆ A quiet space where you feel safe.
- ☆ A journal (or this workbook + space to write).
- ☆ Comfortable clothes for movement.
- ☆ An open heart and willingness to feel.
- ☆ Access to Booze Free Babes community (link in welcome email).
- ☆ One person who knows you're doing this (optional but supportive).

THE PROMISE YOU'RE MAKING TO YOURSELF:

For 72 hours, I commit to:

- ☐ Staying present instead of numbing.
- ☐ Feeling what needs to be felt.
- ☐ Being gentle with myself.
- ☐ Practicing nervous system regulation.
- ☐ Reaching for support instead of substances.

SIGNATURE:

DATE:

YOUR INTENTION & WHY

Before you begin, get clear on why you're here.
What Brought YOU TO THIS MOMENT? Close your eyes.
Take three deep breaths. Ask yourself: **"What am I really seeking?"**

I'm here because:

_____

_____

_____

_____



Examples to inspire you:

"I want to know who I am without alcohol" / "I'm tired of waking up with regret" /
"I want to feel safe in my own body" / "I'm ready to stop running from my feelings" /
"I deserve to show up fully present in my life"

WHAT ARE YOU RUNNING FROM?

Be honest. No judgment. Just truth.

When I drink, I'm avoiding feeling:

- ☐ Anxiety or overwhelm
- ☐ Sadness or grief
- ☐ Anger or resentment
- ☐ Loneliness or disconnection
- ☐ Shame or unworthiness
- ☐ Boredom or restlessness
- ☐ Fear of _____
- ☐ Other: _____

The wound beneath the drinking:

_____

_____

_____

_____

_____

What I'm learning:

_____

_____

_____



You're not broken.
You're brilliant.
You've been using alcohol as a coping mechanism because no one taught you how to regulate your nervous system or sit with uncomfortable emotions.
That's about to change.

WEEKEND INTENTION + THE COMPASSIONATE WITNESS



YOUR WEEKEND INTENTION

Complete this: "By Monday morning, I want to feel_____"

Examples:

"Proud that I stayed present with myself" / "Safe in my own body" /
"Peaceful knowing I can sit with discomfort" /
"Connected to who I really am"



THE COMPASSIONATE WITNESS

Place your hand on your heart.
Say this out loud:

"I see you. I know you've been doing
the best you can. I know you've been hurting.
I know you've been scared.
This weekend, I'm choosing to love you
through it. All of you.
Even the parts that feel too much."

How does it feel to say that to yourself?

PREPARE YOUR NERVOUS SYSTEM

Let's check in with your body before we begin.

NERVOUS SYSTEM BASELINE CHECK

Right now, in this moment:

My breath is: ☐ Shallow and fast ☐ Deep and slow ☐ Holding/ restricted ☐ Normal

My heart rate feels: ☐ Racing ☐ Calm ☐ Pounding ☐ Steady

My body feels: ☐ Tense ☐ Relaxed ☐ Numb ☐ Alive and present

My thoughts are: ☐ Racing ☐ Foggy ☐ Clear ☐ Repetitive/looping

Overall, I feel: ☐ Anxious ☐ Calm ☐ Activated ☐ Shut down ☐ Present

This is your starting point. No judgment. Just awareness.

WINDOW OF TOLERANCE INTRO

Your nervous system has three zones:

HYPERAROUSAL
(Too much activation):

racing thoughts, can't sit still, hypervigilant

WINDOW OF TOLERANCE
(Just right):
Present, calm, able to feel without overwhelm, connected

HYPOAROUSAL
(Shut down):
Numb, dissociated, foggy, exhausted, disconnected

Right now, I'm in: ☐ Hyperarousal ☐ Window ☐ Hypoarousal

When I drink, I use alcohol to:

☐ Calm down hyperarousal (anxiety → numb it with drinks)

☐ Escape hypoarousal (feeling dead inside → drink to feel something)

☐ Avoid the window of tolerance (I'm scared to actually feel)

This weekend, you're learning to regulate WITHOUT alcohol.

PREPARE YOUR SPACE (PHYSICAL)

Create safety in your environment.

PHYSICAL PREPARATION:

Clear alcohol from your space
(or ask someone to hold it for you)

Stock nourishing alternatives:

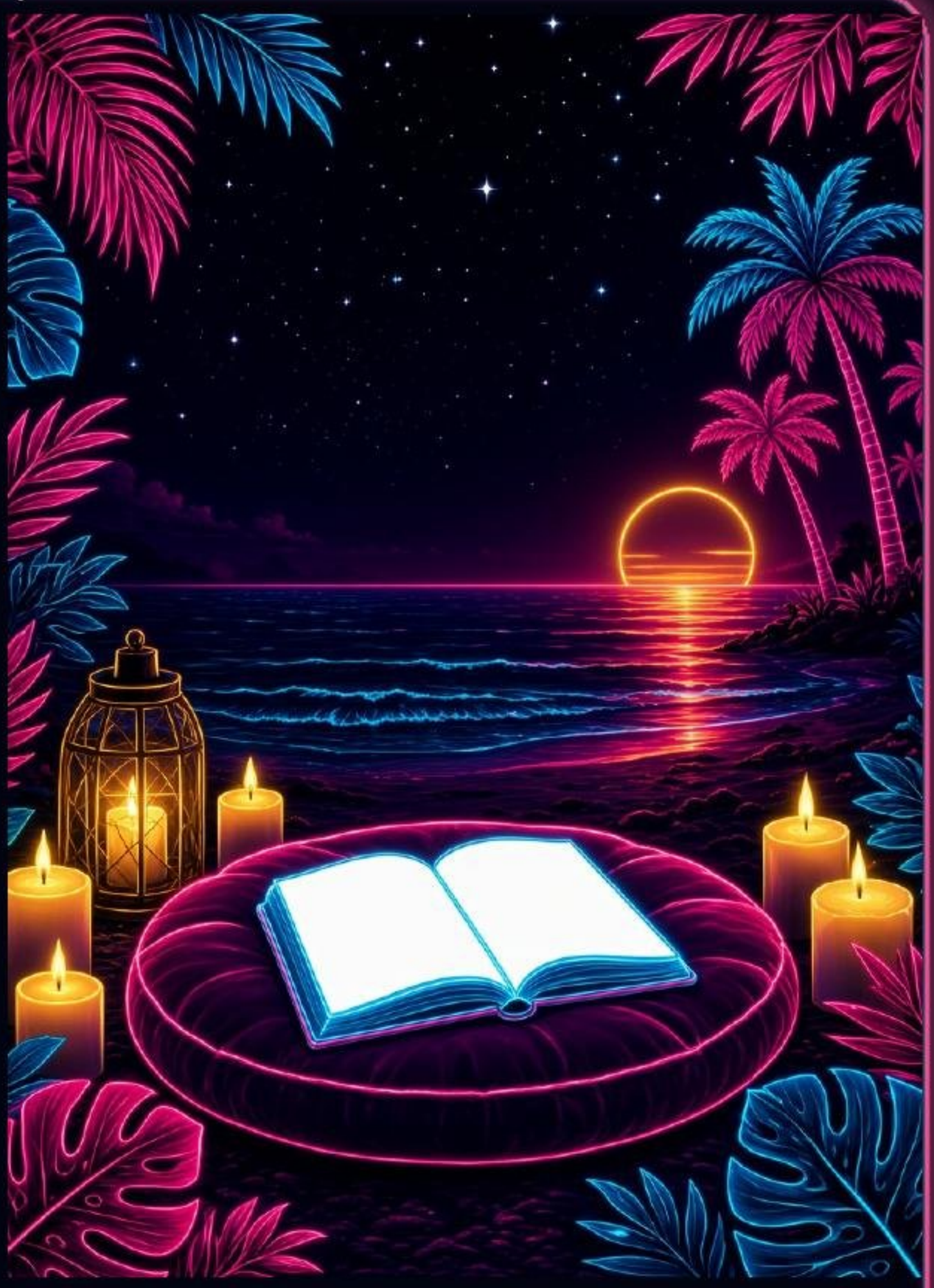
- ☐ Herbal teas (chamomile, passionflower, valerian root for calming).
- ☐ Sparkling water with fresh herbs (mint, basil, rosemary).
- ☐ Kombucha or kefir (gut-brain connection support).
- ☐ Warm lemon water (grounding morning ritual).

Create a comfort corner:

- ☐ Soft blanket or weighted blanket (nervous system regulation).
- ☐ Cushions for seated meditation.
- ☐ Candles or soft lighting.
- ☐ Journal and pen.
- ☐ Anything that feels like home to you.

Set up for movement:

- ☐ Clear space for yoga or stretching.
- ☐ Comfortable clothes.
- ☐ Music playlist (if that helps you move).



ANYTHING ELSE NEEDED:

PREPARE YOUR SPACE (EMOTIONAL + SPIRITUAL)

EMOTIONAL PREPARATION:

Tell one safe person you're doing this weekend (someone who won't judge).

- ☐ Join Booze Free Babes community (link in welcome email) for peer support.
- ☐ Write down your crisis resources.

If I'm struggling, I will:

- ☐ Text: _____ (supportive friend/family).
- ☐ Call: Crisis Text Line (text HOME to 741741).
- ☐ Post in: Booze Free Babes FB group.
- ☐ Use: the bonus Regulation Toolkit.

I will NOT:

- ☐ Expect 24/7 access to Ellen (she's not your sponsor or therapist).
- ☐ Call people who trigger me to drink.
- ☐ Isolate and white-knuckle alone.

SPIRITUAL PREPARATION:

Set up your altar (even if you're not "spiritual"): This is just a designated space that reminds you of your intention.

On mine, I have:

- ☐ A photo of myself as a child (the version I'm healing for).
- ☐ A candle (symbolizing presence).
- ☐ A stone or crystal (grounding).
- ☐ Fresh flowers (impermanence and beauty).
- ☐ _____ (what calls to you?)



FRIDAY EVENING: THE TRANSITION

Welcome to your first practice: Coming home without numbing.

THE SACRED PAUSE (5:00 PM – 6:00 PM)

This is your highest-risk hour. Your body is programmed:
Friday + End of work week = Drink.
Today, we interrupt that pattern.

When you get home (or finish work), **PAUSE**:
Don't immediately do **anything** (no phone, no TV, no busy-ness).
Stand in your doorway or sit in your car for 60 seconds.

Place hand on heart, say:
"I'm here. I'm home. I'm safe."

Three deep breaths:
In for **4**, hold for **4**, out for **6**.

How does it feel to just... **arrive?**

BODY SCAN: WHERE AM I HOLDING IT?



Change into comfortable clothes. Lie down or sit comfortably. Close your eyes. Breathe naturally. Scan your body slowly from head to toe. For each area, notice: Is there tension? Tightness? Numbness? Aliveness?

AREA	Tension level (1-10)	What I notice
HEAD/FACE		
JAW/THROAT		
SHOULDERS/NECK		
CHEST/HEART		
STOMACH/GUT		
HIPS/PELVIS		
LEGS/FEET		

Where am I holding the most tension? What emotion lives there?

- ☐ Anger (often in jaw, shoulders, fists)
- ☐ Sadness (often in chest, throat, eyes)
- ☐ Fear (often in stomach, gut, legs)
- ☐ Shame (often in shoulders curled forward, chest collapsed)
- ☐ Other

This is what you've been drinking to avoid feeling. Can you just... stay with it for 60 seconds?

- ☐ Yes, I stayed with it
- ☐ It was too much, I had to move/distract
- ☐ I noticed it and it passed

What happened when you stayed?

BREATHWORK + EVENING RITUAL

BREATHWORK FOR REGULATION: THE 4-7-8 BREATH

This calms your nervous system in under 2 minutes.

How to do it:

1. Exhale completely through your mouth (whoosh sound)
2. Inhale quietly through your nose for 4 counts
3. Hold your breath for 7 counts
4. Exhale completely through your mouth for 8 counts
5. Repeat 4 times



Do it now. Right here.

After 4 rounds, I feel:

- ☐ Calmer
- ☐ More grounded
- ☐ Sleepy
- ☐ Dizzy (that's okay, do fewer rounds)
- ☐ The same

This is your emergency regulation tool.
Bookmark this page.

YOUR EVENING RITUAL (WITHOUT ALCOHOL)

Old pattern: Pour drink → Numb out → Regret
New pattern: Nourish → Feel → Release



6:00 PM - NOURISH YOUR BODY

Make yourself something intentional to drink:

Tonight I'm having: ☐ _____

Eat something grounding (protein + healthy fat—not sugar crash):

☐ _____



7:00 PM - MOVE YOUR BODY (SOMATIC RELEASE)

Emotions are energy. Let's move them through. Pick ONE (or do all three):

- ☐ **Shake it out:** Set timer for 3 minutes. Shake your whole body. Let it be weird. Release what's stuck.
- ☐ **Dance:** One song. Move however your body wants to move. No rules.
- ☐ **Stretch/Yoga:** 10 minutes of gentle movement. Honor your body.

What I noticed when I moved:

☐ _____

FRIDAY JOURNAL, MEDITATION, WIND-DOWN



8:00 PM – JOURNAL PROMPT: THE THING I'VE BEEN AVOIDING

What am I afraid to feel? If I let myself feel it fully, what's the worst that could happen? What if the feeling won't destroy me? What if it just... passes?



FRIDAY EVENING MEDITATION: LOVING KINDNESS FOR YOURSELF

Sit comfortably. Close your eyes. Hand on heart. Repeat silently or aloud:
"May I be safe. May I be peaceful. May I be kind to myself.
May I accept myself exactly as I am."
Repeat 3-5 times. Let it sink in.
How does it feel to offer yourself kindness?



WIND-DOWN PROTOCOL (9:00 PM+):

- Herbal tea (chamomile, passionflower, or whatever soothes you).
- No screens 30 minutes before bed (blue light disrupts your nervous system).
- Gratitude practice: 3 things from today (even tiny ones).
- Vagus nerve activation: Hum or gargle before bed (stimulates calm).

Tonight I'm grateful for:

1. _____
2. _____
3. _____

FRIDAY CRAVING TOOLS + CHECK-IN

R
A
I
N

IF A CRAVING HITS TONIGHT

Go to the bonus Regulation Toolkit.
But first, try this:

RAIN Practice (Buddhist mindfulness):

R - Recognize: "I'm having a craving."
A - Allow: "It's okay to feel this."
I - Investigate: "Where do I feel it in my body? What does it want?"
N - Nurture: "I'm here for you. You're safe."

The craving will peak in 15-20 minutes and pass.
You've got this.

FRIDAY EVENING CHECK-IN

Before sleep, answer:

☐ I made it through Friday evening without numbing. ✓

The hardest part was:

What helped me stay present:

Tomorrow I'm waking up feeling:

One thing I learned about myself tonight:

SATURDAY: STAYING PRESENT

Good morning, beautiful. You did it. You made it through Friday night without drinking. How does your body feel?
How does your heart feel?



- [ ] **How does your body feel?**

_____

- [ ] **How does your heart feel?**

_____



MORNING GROUNDING PRACTICE

Before you do ANYTHING (scroll, coffee, plans), do this:

- [ ] Place feet flat on the floor (sitting or standing).
- [ ] Feel the earth beneath you (you are supported).
- [ ] Three deep breaths (in through nose, out through mouth).
- [ ] Hand on heart, say: "I woke up without regret. I am here. I am present."

How does it feel to start Saturday this way?

_____



BODY SCAN CHECK-IN

Quick scan: Where am I today?

- [ ] Overall body sensation:
  More relaxed than yesterday / Tense/activated / Tired but calm / Buzzing with energy / Numb or disconnected
- [ ] Sleep quality last night (1–10):
- [ ] Energy level this morning (1–10):
- [ ] Nervous system state: Hyperarousal / Window / Hypoarousal

If you're outside your window, use breathwork or movement to regulate.

SATURDAY:
MINDFULNESS PRACTICE:
THE ART OF DOING ONE THING.

Today's practice:

Whatever you do, do it **FULLY.**
When you make coffee, **MAKE COFFEE.**
Feel the warmth of the mug.
Smell the aroma. Taste each sip.

When you shower, **SHOWER.**
Feel the water on your skin.
Notice the temperature. Be there.

When you eat, **EAT.**
Taste the food. Chew slowly.
Notice texture, flavor, satisfaction.

This is the opposite of numbing.
This is presence.



One activity I did mindfully this morning:

_____

_____

What I noticed:

_____

_____

_____

SOMATIC MOVEMENT: RELEASING WHAT'S STUCK.

Set aside 15-30 minutes for intentional movement.
You're not exercising. You're releasing.

Try one (or all):

☐



OPTION 1: YOGA (TRAUMA-INFORMED)

Focus on hip openers and heart openers (where we store emotion):

- Child's pose (safety)
- Pigeon pose (hip release)
- Cat/cow (spinal movement)
- Gentle twists (wringing out tension)

☐



OPTION 2: SHAKING MEDITATION

Stand with knees slightly bent.
Shake your whole body for 5-10 minutes.
Let whatever wants to come up, come up.
Cry, laugh, yell—it's all welcome.

☐



OPTION 3: DANCING YOUR FEELINGS

Put on music that matches your mood (sad, angry, joyful).
Move however your body wants to move.

What came up during movement:

_____

_____

_____

What I released:

_____

_____

_____

WINDOW OF TOLERANCE CHECK.

Throughout the day, check in:

Right now (11:00 AM), I'm feeling:

- ☐ Grounded and present (in my window)
- ☐ Anxious/activated (hyperarousal—need to calm down)
- ☐ Numb/shut down (hypoarousal—need to activate/engage).

If you're outside your window:

For HYPERAROUSAL (too activated):

- ☐ 4-7-8 breathing
- ☐ Cold water on face
- ☐ Humming or singing
- ☐ Legs up the wall pose

If you're outside your window:

For HYPOAROUSAL (shut down):

- ☐ Movement (jump, dance, shake)
- ☐ Cold shower or ice on wrists
- ☐ Upbeat music
- ☐ Call a friend

Journal: What I used to regulate:

AFTERNOON:
WHEN BOREDOM HITS.

Saturday afternoons can feel long without alcohol. This is good.
Feel the space.

Journal Prompt:

- [ ] What am I learning about myself when I'm not busy/numbing?

- [ ] What do I actually enjoy doing (not just what I do to pass time)?

- [ ] Who am I when I'm not performing or avoiding?

SOCIAL NAVIGATION
(IF YOU HAVE PLANS TONIGHT)

Got a dinner, event, or hangout?
Nervous system prep BEFORE you go:

- ☐ Eat something substantial (don't arrive hungry/vulnerable)
- ☐ Ground yourself (feet on floor, hand on heart, three breaths)
- ☐ Set your intention: "I'm here to connect, not to numb"
- ☐ Have your exit plan (drive yourself, set end time)
- ☐ Know your order: "Sparkling water with lime, please".



Your mantra if offered a drink:
"I'm not drinking tonight."
(No explanation needed.
You owe no one your story.)

DURING the event:



Keep something in your hands (drink, food, phone).



Notice when you want to leave your body (breath brings you back).



If overwhelmed, excuse yourself to bathroom and regulate (breathwork, cold water, hand on heart).

AFTER the event journal:

How it went:

What I noticed about myself:

What I'm proud of:

SATURDAY EVENING WIND-DOWN +

Same as Friday night protocol:

- ☐ Herbal tea
- ☐ Body scan (where am I holding tension tonight?)
- ☐ Somatic release if needed (shake, stretch, move)
- ☐ Gratitude practice
- ☐ Vagus nerve activation (hum, gargle, sing)
- ☐ Loving-kindness meditation



Three things I'm grateful for today:

1.
2.
3.

SATURDAY REFLECTION

I stayed present today. ✓

The hardest moment was:

How I moved through it:

What my body is teaching me:

Tomorrow is day 3. I'm feeling:

SUNDAY: INTEGRATION & COMPASSION

You made it to Sunday morning.
Look at you.

MORNING CHECK-IN.

Two mornings without a hangover.
How does that feel?

Body scan: Overall sensation today:

- ☐ Lighter
- ☐ Calmer
- ☐ Tired but peaceful
- ☐ Energized
- ☐ Still processing

Sleep quality last night (1-10):

My nervous system feels:

- ☐ More regulated
- ☐ Still all over the place
- ☐ Settling

COMPASSIONATE SELF-WITNESSING.

This is the heart of the work. Sit quietly. Hand on heart.

Ask yourself:
"What part of me needed to drink?"

What was she trying to protect me from?

Can I thank her for trying to keep me safe, even if it wasn't actually helping?

Now say to that part:
"I see you. I know you were scared. I know you were hurting. I'm here now. You don't have to do this alone anymore. I've got you."

What comes up when you offer yourself this compassion?

EMBRACING THE YUCK.

Buddhist teaching: We suffer when we resist what is.

This weekend, what "yuck" did you encounter?

- ☐ Boredom
- ☐ Loneliness
- ☐ Anger
- ☐ Anxiety
- ☐ Sadness
- ☐ Grief
- ☐ Shame
- ☐ Other: _____

What happened when you let yourself feel it instead of drinking it away?

_____

_____

_____

_____

Did it destroy you?

- ☐ No. It peaked and passed.
- ☐ It was hard, but I survived.
- ☐ It's still here, but I'm learning to be with it.

This is the practice.
Feeling without fixing.
Being with without numbing.

SOMATIC INTEGRATION PRACTICE

Lie down comfortably. Close your eyes. Scan your body one more time: Where do I feel different than I did Friday?

Where do I feel different than I did Friday?

What has shifted?

What is my body grateful for?

Place both hands on the area that feels most alive or most tender. Breathe into it. Say:
"Thank you for holding me. Thank you for trying. I'm listening now."

What does your body want you to know?

AFTERNOON: VISIONING & NEXT STEPS + THE DECISION POINT.

You're not the same person who started this Friday.

Journal Prompt: 72 hours ago, I was _____

Now, I am _____

What I've proven to myself:

_____

_____

_____

What I never want to go back to:

_____

_____

_____

What I want to keep practicing:

_____

_____

_____

THE DECISION POINT.

You did 72 hours. Now what?

Check in with your heart (not your fear, not your habits—your HEART):

Do I want to keep feeling this way? ☐ Yes ☐ Not sure ☐ No

Am I ready to extend this practice? ☐ Yes ☐ Maybe ☐ Not yet

What does my nervous system need right now?

_____

_____

_____

WHAT'S NEXT: YOUR OPTIONS

You just completed something most people never attempt.
You stayed present. You felt your feelings.
You practiced nervous system regulation.
You loved yourself through it.
So what now?

OPTION 1: RETURN TO DRINKING (CONSCIOUSLY).

If you choose this, do it with awareness.

What I learned this weekend:

If I drink again, I will:

- ☐ Notice when I'm using it to numb
- ☐ Check in with my body first
- ☐ Set boundaries around how/when/how much
- ☐ Remember I have other regulation tools.

Valid choice. Just make it conscious.

OPTION 2: TRY ANOTHER WEEKEND.

Maybe you're not ready for 30 days,
but you liked how this felt.

Do it again next weekend.

And the one after.

Build the muscle.

OPTION 3: THE 30-DAY CLARITY SPRINT ($39).

If this weekend showed you something you can't unsee...
The 30-Day Clarity Sprint deepens the practices you just learned:



What's included:

- ☐ Complete 30-Day Workbook (daily nervous system practices)
- ☐ Booze Free Babes Community (peer support, not 24/7 Ellen access)
- ☐ Open Recovery App (track your journey)
- ☐ Breathwork, meditation, somatic practices for 30 days
- ☐ Weekly integration prompts
- ☐ Investment: $39.

In 30 days, you'll:

- Build regulation skills that become automatic
- Deepen your relationship with yourself
- Learn to stay in your window of tolerance
- Prove you can sit with any emotion
- Start to feel safe in your own body.

Ready to go deeper?

Visit
www.EllenFrazier.com/30day

OPTION 4: I'M ALL IN — 90 DAYS TO THE EMPOWERED BABE ($399).

If you're thinking "I want the full transformation..."

90 Days to the Empowered Babe is your comprehensive healing container:

What's included:

- ☐ Complete 90-Day Workbook
- ☐ Community + App
- ☐ Group coaching calls (peer support, shared healing)
- ☐ Introduction to deeper modalities (we hint at EMDR, Psych-K, Reiki)
- ☐ Nervous system mastery
- ☐ Subconscious pattern work

Investment: $399.

This is for you if:

- You're ready to fully commit to healing
- You want community and coaching support
- You're done numbing and ready to feel
- You want to become the woman who doesn't need to avoid herself

Learn more at www.EllenFrazier.com/90days

OPTION 5: THE EVOLVE METHOD - FULL LIFE TRANSFORMATION ($999).

If you're ready to completely reinvent your life...
The **EVOLVE Method** is where we go DEEP:

What's included:

- ☐ Everything from 90 Days to the Empowered Babe
- ☐ PLUS: Advanced modalities (EMDR concepts, Psych-K, Reiki, subconscious reprogramming)
- ☐ Private session with Ellen
- ☐ 6-month mastermind container

Investment: $999.

This is the highest level of support and deepest healing work.

Visit www.EllenFrazier.com/evolve

YOUR CHOICE TODAY.

I'm choosing:

- ☐ **Option 1:** Return to drinking (with awareness)
- ☐ **Option 2:** Repeat weekends as I'm ready
- ☐ **Option 3:** 30-Day Clarity Sprint
- ☐ **Option 4:** 90 Days to the Empowered Babe
- ☐ **Option 5:** The EVOLVE Method
- ☐ **I'm still deciding** (that's okay).

Why this feels right:

FINAL INTEGRATION: THE 72-HOUR REFLECTION

- [ ] **What changed in my body:**

- [ ] **What changed in my heart:**

- [ ] **What changed in my relationship with myself:**

- [ ] **The biggest surprise:**

- [ ] **What I'm most proud of:**

- [ ] **What I learned about my capacity to feel:**

- [ ] **The part of me that needed this the most:**

LETTER TO YOURSELF

Write to the version of you who wanted to quit:

Dear _____,

_____

_____

_____

_____

_____

_____

_____

_____

_____

Love,
The version of you who stayed.

GRATITUDE FOR YOUR BODY.



Place both hands on your heart.

Say out loud:

"Thank you, body, for holding me through this.
Thank you for showing me where I've been hurting.
Thank you for teaching me I can feel without breaking.
Thank you for being my home.
I promise to keep listening."

How does it feel to thank your body?

_____

_____

_____

_____

CELEBRATION RITUAL

You did something courageous.

How I'm honoring this accomplishment:

Who I'm sharing this with:

What this weekend proved:

A FINAL WORD FROM ELLEN.

Beautiful soul,

You just practiced something revolutionary:
staying present with yourself.

For 72 hours, you didn't run.
You didn't numb.
You didn't avoid.

You felt what needed to be felt.
You breathed when it was hard.
You loved yourself through it.

This is the work.

Not perfection.
Not fixing.
Not transcending your humanity.

Just showing up.
Just staying.
Just being with what is.

FINAL WORD CONTINUED + COMMUNITY

Your nervous system is learning it's safe to feel.

Your body is learning you won't abandon it.
Your heart is learning it can trust you.

What you do next is up to you.
You can go back to drinking.
You can try another weekend.
You can try another weekend.
You can dive deeper into 30 days, 90 days, or the full EVOLVE transformation.

All paths are valid. What matters is that you showed up for yourself this weekend.
And you can do it again whenever you're ready.

I'm here (in these pages, in the community, in the deeper work if you choose it).
Keep coming home to yourself, babe.

You're worth it.

Ellen

3+ Years Alcohol-Free |
Certified Peer Support Specialist |
Buddhist-Inspired Guide

www.EllenFrazier.com

Join the Community:

- **Facebook:**
  www.facebook.com/groups/boozefreebabes
- **Instagram:**
  @boozefreebabespodcast
- **Podcast:**
  Booze Free Babes
- **Newsletter:**
  The Empowered Babe
  subscribe at ellenfrazier.com).

Next Steps:

- **30-Day Clarity Sprint:**
  www.ellenfrazier.com/30day
- **90 Days to the Empowered Babe:**
  www.ellenfrazier.com/90days
- **The EVOLVE Method:**
  www.ellenfrazier.com/evolve