



Love Being Alcohol Free

Help to Quit Drinking

How to Stop Drinking on Your Own

by Tony & Sonya Matthews
www.LoveBeingAlcoholFree.com

Disclaimer :

The author does not hold healthcare or scientific qualifications. This book contains general medical, health or scientific information only, gathered through curiosity and experience, rather than evidence based research.

The authors assume no responsibility or liability for the actions of any reader of this **book**. As reader of this material, you assume all responsibility for your outcomes as a result of applying, or not applying, any information gained through reading this **book**.

This **book** is not intended as health or therapeutic advice and should not be used to diagnose or treat any health condition.

You must not rely on the information in this **book** as an alternative to medical advice from your doctor or other professional healthcare provider.

If you are worried that you may be suffering from any medical condition, or have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay.

Always obtain the advice of your doctor or other professional healthcare provider before starting of a new treatment or modifying an existing one.

You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on our **book**.

“How to Stop Drinking on Your Own”

G'day!

And thank you for visiting our blog and downloading this eBook. If you are completely *over* your inability to control your alcohol intake, even when you know it's destroying you and potentially everything you care for, then you have come to the right place. We can't wait to help you to take charge of



your habits and enjoy a clear mind and alcohol-free body and become the happier, healthier more productive and awesome version of yourself that you deserve to be.

Our names are Tony and Sonya Matthews and we're the authors and owners of www.LoveBeingAlcoholFree.com, a blog we have worked passionately on to help others successfully put alcohol in its rightful place in their lives (i.e. *out of it!*)

After working through the problem of alcohol encroaching our sensibilities and taking over our decision making as if by stealth, we eventually devised a fool-proof method to free ourselves from its wicked grasp. It worked so well we've since shared it with friends and helped

them also and consequently they've encouraged us to share our method with others through this blog.

In a moment we will describe to you why previous attempts you've made to control your alcohol intake are prone to failure (and in fact, were never going to work) and then explain what to do instead. They have nothing to do with labelling yourself with negative names or making public admissions of weakness. There are no drugs and there is no fundraising. This is for you. You may question our approach, and be doubtful about whether it can work.

So we'd first like to explain why we know our method works and why we have the authority to be talking about this and helping people with this particular problem.

What's interesting about our story (but undoubtedly not unique) is that we both had very individual relationships with alcohol, and whilst our journey through the grip it had on us was very similar and alongside one another, we gave up drinking in very different ways – and without communicating about it!

How did we get here?

We were raised as typical Australian kids; we finished school, went to university, got safe, respectable jobs, and set about trying to pay off a mortgage. No reason for stress or worry, but of course, alcohol was always readily available, and indeed, was seen as a right of passage for youngsters in our culture. We navigated those rites of passage pretty happily, but needless to say, alcohol followed us from adolescence into adulthood, and without realising, in ever increasing amounts.

We have been happily and bountifully married for almost 25 years, which has been just awesome! Even better, we have been blessed with three gorgeous sons, who have enriched us, made us laugh, and of course at times stretched us. Our life has always been full and happy. We also shared those 25 years with alcohol - in ever increasing amounts.

So why did we drink? And why were the amounts increasing?

Well, didn't everyone drink? Everyone did. When there was no reason to stress, alcohol was always there, but increasingly, as stress will inevitably do, whenever things got a bit too uptight, alcohol became a way to overcome the stress. What originally was a weekend treat became a daily necessity.

And do you know why? Because that's what alcohol does! Alcohol affects areas of the brain that just want more and more and more! And as we feed that want (craving, desire – addiction) the brain just wants more. Anyone who drinks alcohol is potentially in this trap. The trap may not close around everyone (as we all process chemicals differently) but for those of us affected, the potential consequences are disastrous.

Being the high-achieving, control-freak perfectionist that Sonya is (said in the most loving way!) she knew something wasn't right and from a long way back made efforts to get on top of this unhelpful habit she could feel was forming. Starting with asking the family doctor whether she actually had a problem and how to keep it at bay. This Doctor, whom Sonya adored for her bedside manner, explained to Sonya she didn't have a problem as she didn't do the things that alcoholics do – like hide alcohol in the toilet cistern or start drinking before lunchtime. The wife of Sonya's previous family Doctor had suggested a glass of wine -or two- to relax, since anxiety was a constant companion of Sonya's her whole life. Sonya realised that caring and brilliant that medical Doctors are, if they don't have 'the problem', they can't appreciate the misery this fully legal and widely available drug inflicts on some of us, and the incredible difficulty of getting out of its nasty grasp, when we don't look to outsiders to 'have a problem'. So over quite a few years, Sonya tried,

without much success, to battle with this closing trap. She knew she could go without alcohol for important reasons – like never touching a drop during any of her three pregnancies – but once there seemed to be no negative affect on anyone else, over-indulging didn't seem so wrong. But little by little, because she knew deep down that this unhealthy relationship with alcohol wasn't sustainable, Sonya kept searching for help, researching, reading, exploring and time and again trying to control alcohol to the 'government recommended levels'. There are so many factors overlooked by the government recommended levels, but that is a discussion for a Blog Post on another day. Through sheer perseverance and determination, Sonya cracked it. One day, she gave up. Whilst she'd 'given up' many times before, this time she knew it was different. Upon announcing this to Tony, Tony instantly joined her.

The slightly humorous anecdote to this is that while Sonya vocally lamented to Tony, on almost a daily basis, about how she wanted to give up, but now wanted a drink, and 'oh my goodness I have a headache' and 'don't let me have a drink', Tony was silent. Neither blaming, nor condemning. In typical Aussie Male fashion, Tony kept his inner thoughts to himself. Sonya had no idea that Tony was having his own, silent and unspoken thoughts about their daily patterns. Sonya thought that Tony didn't worry or care about what he was drinking. He seemed

completely in control. Sonya sometimes thought that Tony drank a bit much, but didn't ever say anything – that would be the pot calling the kettle black! And besides, we only ever drank wine – no 'hard stuff', we'd only drink in the evenings, we didn't drink drive, didn't assault anyone, didn't end up on a park bench or in a gutter. We were "highly functional" (note : that is a very relative term...) and loving, caring, respectable and upright members of our community and circles of friends. How could there be a problem?

Sonya, upon seeing Tony's grandmother reach the ripe old age of 101, and deciding she wanted to get to 100 and knowing she'd never do it by treating her body with a poisonous chemical on a regular basis, decided things would have to change.

Tony had developed high blood pressure and had been taking medication to control it for a couple of years. As a disciplined, healthy eater who was slender and physically active, Tony couldn't abide this. He didn't want to be on medication, and although his work environment could at times be quite stressful, the only other factor in his life that could be contributing to the somewhat alarming blood pressure issue – was alcohol intake.

To compound things, one of our sons had announced he wasn't ever going to drink (he was 12 yrs old) and another (who was 9 years old) had requested a sip of our wine on more than one occasion. So the effect of our evening drinking relaxation habits was not an influence on us alone.

What were we doing?

Sonya eventually snapped, and decided the pain and agony of trying to control the beast to a 'recommended' was too much to bear anymore, and slaying the beast was far preferable so she could get on with life!

Tony had quietly and thoughtfully followed every bit of reading, research, information, attempt to abstain that Sonya had introduced. So that by the time Sonya woke up that amazing morning feeling elated that it was "all over" – I am free of the alcohol trap, Tony joined her instantly.

We were lucky.

We have made a decision about the place alcohol has in our lives. It was a tough decision and we understand that the decision you make has to be yours alone. Even though we are a couple, we found our own individual reasons for doing this.

But our end decision was the same. Alcohol has no place in our lives any more.

This is the key to success, and we want to share the process that we have developed to help you to conquer alcohol and to give you back control over your life.

It is a wonderful life, we are blessed to have it. Whatever our lives, there is something to live and love for. There is something or someone to strive for. Read the stories we share and come on this journey with us.

We're in for the long haul and our support is unwavering.

Why Your Attempts to Cut Down on Alcohol Haven't Worked

Every individual has a different relationship with alcohol and it is not helpful to compare yourself with anyone else. Our bodies process and react to alcohol in a different way from each other (men and women for a start) and also person to person. Some people have a drink and then stop after one (don't you just hate that?) Some people have a few drinks on the weekend, and then stop (would that be an improvement for you?)

Here are some of the reasons why your attempts to cut down on alcohol haven't worked:

1. Alcohol advertising promotes it as beneficial to us

Even if you know about the alcohol trap, the clever advertising and promotional power of the alcohol industry has altered the way you think about drinking. You simply may not have enough will power on your own, because our subconscious has been re-programmed to think that drinking is relatively harmless.

And there is the key – alcohol advertising has been working on our subconscious minds for so long, that generations of us have been brainwashed!

2. Alcohol is ingrained in our culture

We are all different for many social and cultural reasons. Because of the way we have been brought up to accept alcohol in our family, because of what we see on television, and because of the way we cope with stress and pressure in our daily lives. If your parents drank alcohol when we were growing up, then that is likely to validate your reasons to drink when you become an adult. All of these things can affect your individual relationship with alcohol.

Have you ever wondered about things like, why do we celebrate everything with champagne, and why is it that we cannot have a party without alcohol? Again, this is the social conditioning that we have been brought up to accept, and not just ourselves, but also our friends, the family of our friends, and our entire peer group. This is what we have all grown up to see as acceptable, and we tend not question it!

Have you ever noticed someone who doesn't drink, trying to explain that they don't want to, and have you noticed that other people think there's

something wrong with them? Have you ever tried to explain why you don't want to drink for medical reasons, or maybe when you are driving? Difficult isn't it. Your so-called friends arrive to help you out, saying "Just have one drink, it won't hurt!" Yes, it will!

This is just one part of our cultural conditioning in our western world, but it is so deeply ingrained that sometimes, we just can't see alcohol for what it really is. There are plenty of cultures around the world that don't have alcohol as part of their daily ritual and they're happy and vibrant peoples! They can party, and socialise just as loudly and happily as any party we have ever been to. Weddings and family celebrations are huge affairs in some cultures, and not a drop of alcohol is necessary!

3. Alcohol is an addictive drug

It is not your fault, most people just don't know about the trap that has been laid out by the alcohol industry! These are known facts, but why do we ignore them? Alcohol is a poisonous and toxic chemical, it is not a harmless drug. Even worse, alcohol is a psychoactive drug, which means it affects your brain such that you cannot possibly remain in control of the way your brain thinks about alcohol. It is true that not everyone is affected by alcohol to the same extent, but for some (and if you're

reading this, you're probably one) alcohol causes an urge and a craving that is near impossible to defeat with will power, which is why so many of us are overdoing the alcohol thing.

Yes – the problem is the same for all of us. It can become a daily habit and no longer the special treat that it might once have been. Can you see that alcohol is like a trap that has been laid out to catch all of us? Yes alcohol is addictive, and you are not actually the one in control. It is insidious in our daily life, and is slowly increasing its grip over time. The problem for all of us is that by the time we feel the grip tightening, the trap is shut, and we never even knew it was happening.

What To Do Instead : How to Deal With an Unhealthy Relationship With Alcohol

Step 1 - Where are you right now?

Are you where you want to be – in your career, in your life?

Are you the person you want to be?

Are you as healthy as you would like to be?

Do you aspire to something bigger and better?

Get started right now by doing some serious thinking.

Read the question on the left of the table below and answer in the space provided on the right hand side. Be as honest with yourself as possible.

What is or was the happiest time in your life? Why?	
What is or was the healthiest time in your life? Why?	
How would you like to feel every day?	
How does drinking makes you feel today?	
How does drinking makes you feel the next day?	
Who else is affected by your drinking?	(e.g. spouse, kids, co-workers, ...)
Are there underlying reasons why you like to drink?	(e.g. stress, anxiety, the sensation ...)
How often does drinking help these things?	
How much time do you lose in your week from drinking?	
What do you miss out on when drinking?	

If this exercise is too painful to complete, that is not our intent, but as an exercise, it is essential to explore what you are losing a grip on, or missing out on in your life, in order to make a plan to get it back.

Step 2 - What would be an ideal life for you?

What are your wishes for your life? Think now about what your perfect life would look like. Think about how wonderful it would *feel* to get this amazing life. Don't hold back - and write it down.

What are the most important things in your life?	(e.g. family, home, career ...)
What are you yet to achieve in your life? What have you always dreamed of doing?	(e.g. travel, investment, study, change career, etc)
What are your health goals? Do you want to exercise more?	
What are your financial goals for the next 12 months?	
What are your financial goals for the next 5 years?	
What are your financial goals for the next 10 years?	
Where do you see yourself living? Is it in your current residence, a bigger house, or a smaller house?	
What do you want for your children's' lives?	(e.g. the same health/happiness/success as you, or better ...)
How do you see your children growing up and what lifestyle are they living?	
What do you want to do when you retire from employment?	

Now it's time to ask yourself :

Are these dreams and wishes possible if you keep doing what you are
doing *right now*?

Step 3 - What can you control and what can't you control?

Thinking about what you've written down in the lists above, now mentally decide whether each area or answer is something you DO have control over, or something you DO NOT have control over.

Examples might be :

I DO have control over :

- my level of health,
- my weight,
- how I spend my relaxation time,
- how I spend my money (after necessary expenses)

I DO NOT have control over :

- what other people think, say & do,
- the rules and regulations of the country,
- the weather,

Put aside the issues that you have no control over, there are ways of thinking about and dealing with these situations, but for now you need to not worry about the things you can't control. There is no point worrying

about things you can't control. Use your available energy and thought power on things you DO have control over.

Step 4 - Get excited about the possibility of being the best version of you!

Let's look closely at the things you DO have control over.

These are generally your goals, ambitions, desires, and habits. If we told you that focussing on these areas could change your life – and your unhealthy relationship with alcohol, would you be willing to work on these things?

Are you motivated to get your life on track and achieve some of those wishes and feelings and desires that you put on the wish list in Step 2 above?

You see, you need to have a *reason* to take charge of this unhealthy relationship with alcohol.

For us, it was (in fairly equal portions) the message and example we were giving our kids (and the implications for their future lives, and those of our unborn grandchildren...), and our longer term health. We want to live to 100 and we weren't going to do it the way we were going.

Are you willing to interrogate your daily thoughts and habits to discover a way to aim for a better lifestyle?

Are you willing to take steps to achieve an awesome life?

Do you want to break free from the alcohol trap and see how you can love being alcohol free?

Step 5 - Be the change you want to see

We'll let you in on a secret. And a very exciting secret it is, too! Have you ever used or heard the term 'fake it until you make it'? Well, that's essentially what you do until you actually achieve the thing you're aiming for. There's a lot of psychology that goes behind this, but basically if you keep thinking about a feeling/habit/thing you want to have 'one day' – it will always stay right there – 'one day' *in the future*.

You must think like you're living it *now*. Deep, deep down you need to believe you can be and you *are* the person you want to be. And you know you are. If you can think it, you can be it.

We go into a lot more detail of this in our full Course “[How to Stop Drinking Alcohol – and Love Being Free](#)” which we'll tell you about in a moment, but all you need to know for now is that this is the simple truth.

Be the change you want to see. Start taking small steps to create habits in your day to day life that reflect the feelings, actions and experiences you

identified that you wanted in the table in Step 2 above.

Step 6 - Is there a decision to be made?

You've looked at where you are now in Step 1 and where you'd like to be in Step 2. You've worked out what you have control over. If any of those things that you've decided you do have control over would help you make steps towards where you want to be – would you be willing to choose to do something about them?

When the pain of staying where you are, is greater than the pain of making a decision to change, that decision is easily made.

If we do what we've always done, we'll get what we've always got. Do you want more of the same? Or do you want something better.

Only you can decide.

We're not going to tell you to stop drinking. Only you can make that choice.

Once that decision has been made, you will likely need support to get to a level where you're comfortable with the new you, and you have a new set of helpful habits, and have stopped longing for the old, familiar, comfortable habits – despite the fact they were gradually destroying you and potentially everything around you.

This is where we can help.

You may read our Blog and this eBook and make the change by yourself and never look back! And if you do – we would be thrilled to think we had any part in helping you find a better version of you!

The question now is : Will you choose to stop drinking?

Your Next Step...

If the answer to any of the questions we've thrown at you is yes, or if you simply want more information, then we are passionate about helping you put the guilt, misery and frustration of past habits and patterns behind.

We want to help you to restore your self-esteem, feel empowered to live the life you choose and create and live your brightest possible future.

Interested?

Terrific! Stay on our email course and you will continue to receive several of our emails over the next few days and weeks explaining more about how this works and what you can do to move towards being *happily* alcohol free *by choice*.

Ready to jump into more in-depth guidance right away so you can start the new phase of your life right away?

We have prepared a highly detailed Program to lead you through the process. You can pick up the Program “[How to Stop Drinking Alcohol – and Love Being Free](#)” right now – and you can be free of the clutches of this addictive drug called alcohol in the time it takes you to complete it!

[Click Here](#) to jump right into a fabulously alcohol free future!

Imagine feeling this

- You wake up in the morning and realise you didn't drink an entire bottle of wine the night before and you feel fantastic
- You wake feeling 'clean' on the inside with no toxic fumes seeping up from your stomach and tasting awful
- You no longer worry about people smelling alcohol on your breath
- There is no pressure from anyone to cut down or stop drinking
- Worrying about someone coming to the house after you've poured the bottle, and feeling guilty and shame at getting caught, is a thing of the past
- Casting furtive sideways glances at who might spot you going to the bottle shop (again) isn't something you have to face anymore
- Spending the money that would have been spent on alcohol on delicious food, or movie tickets with friends and loved ones feels so good
- You wake up on Saturday morning, and realise that you didn't even *think* about drinking on Friday night, you didn't want to drink, you didn't miss out on anything - and Saturday morning feels fantastic! (and you do it again Sunday morning!)

- You take the kids to weekend sports without a headache or hangover
- It's possible to instantly agree to collecting your children from an activity in the evening – because you *will* be okay to drive.
- Never again be worried about losing your driver's license, or have that awful sinking feeling whenever you drive past a police car, or a breath testing unit.
- And thinking about children, you feel relieved that you *did not* demonstrate to your beloved and precious children that drinking is something everyone does and it's okay to do. Because you miraculously got safely through your 20s with no fatal car accidents claiming your life, or that of your friends, is no guarantee your children will be so lucky if they took the path you took back then.
- You have that tremendous sense of satisfaction and fulfilment from knowing you are giving your family and kids the time, energy and attention they truly deserve, instead of sharing your time with alcohol, which gives you nothing, but has the potential to rob you – *and them* - of everything.

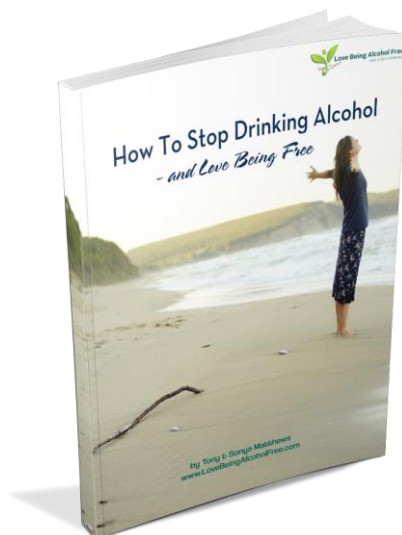
These feelings are now reality for us, and we truly want you to feel them for yourself.

All you have to do is choose it!

Tony & Sonya Matthews'

“How to Stop Drinking Alcohol – and Love Being Free”

- Learn what we did to transform our lives to be healthier, more productive, more fulfilling, empowered and happier
- Permanently ditch the feelings of hopelessness and despair about your unhealthy relationship with alcohol
- Your journey is online, so it is private and no one need know



- Absorb each step at your own pace and progress as you wish
- We are here for the long haul to offer support. It's our journey too. We understand.
- Our goal is to stop and stay stopped and that's our wish for you as well.

[Click here to learn more!](http://www.LoveBeingAlcoholFree.com)

Thanks for reading this guide, and we wish you all the best in your search for the best version of you!

Our Warmest Regards

Tony & Sonya

About Tony & Sonya

Tony & Sonya are bloggers and self-help coaches who have developed a unique program to help people who have a love/hate relationship with alcohol, to transform their life in a way they couldn't imagine.

They have themselves experienced the misery, disappointment and fear caused by allowing life to include alcohol, and decided – quite independently of each other - to eliminate the problem.

Easier said than done, the discovery of the solution that led to this program took quite a number of years and considerable dedication, as the stresses and strains of life got in the way and threatened to defeat them. Just like any normal people, alcohol had become a way of ‘relaxing’ – or did it? And old habits die hard.

They have studied the options available for people who have realised they have an unhealthy relationship with alcohol, and found labels such as “alcoholic” and “alcoholism” to be particularly unhelpful for promising a long-lasting solution. Similarly, the approach of some medical experts can be overly confronting, too humiliating or too detached - or even dismissive (especially when they haven't themselves actually fallen foul of the alcohol trap).

There had to be a better way!

And through sheer persistence and determination, through a collaborative effort of research, testing, reading and education, they have discovered a method that actually works, avoids pain and humiliation and they have

developed and tailored a system that anyone can choose to follow, no matter their age, gender, or cultural background.

Startlingly, they also discovered *why* their (and your) attempts to cut down on alcohol *haven't worked* and that there is a better way to stop drinking - and stay stopped. And incredibly, *want* to stay stopped.

After being through all the ups and downs, failing and starting over, and finally 'nailing' it, they are absolutely loving being alcohol-free and are enjoying the many benefits of this new lifestyle, including heaps more time in the day, extra energy and brain-power and more contented and settled children.

What does this mean to you? Tony & Sonya are now on a mission to:

- Inspire, motivate and empower you to heal yourself from the insidious life-robbing-trap that is alcohol, and to change your life so that you can shed the blame, misery and guilt and take control of your own future and happiness
- Give you the tools, information, and support so that you can achieve your goal of regaining control over alcohol and putting it where it belongs in your life
- Show you that there is an enormous sense of pride, achievement and straight-up *happiness* at achieving your lifestyle goals
- Help you stop drinking - and stay stopped

Love being alcohol free right now!

Follow Tony & Sonya at their blog www.LoveBeingAlcoholFree.com