

30 DAY COMPANION GUIDE

BREAKING THE BOTTLE LEGACY

molly watts



Hello and thank you for being here!

Congrats for making the decision to change your relationship with alcohol. This free guide is designed to help you during a 30-day period in three ways.

- 1) There are four weekly planning templates with daily drink plans to fill in ahead of time, and then track after for what actually happened.
- 2) There are Recovery and Reflection worksheets. Use these when you have a night of "off-plan" drinking. This is a training tool to help you develop curiosity and compassion with your mistakes.
- 3) There are 30 daily sheets for practicing new beliefs. Changing your old stories, working on believing things *before* you feel confident in them is a skill you need to practice. Use these sheets to help you build new beliefs about alcohol, about your abilities, about your life.

molly watts

Week 1 My Drink Plan

PLAN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WHAT I DID

Tip: Meet yourself where you are. We will work on reducing next week!

Week 2 My Drink Plan

PLAN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WHAT I DID

Tip: What does 1% better look like? Can you reduce by one drink per day? Include one AF day this week? Small steps.

Week 3 My Drink Plan

PLAN

WHAT I DID

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Tip: When you don't meet your goal, are you choosing compassion and curiosity?
Keep going!

Week 4 My Drink Plan

PLAN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WHAT I DID

Tip: Are you incorporating alcohol-free days yet? If not, try one. If you are can you add one more?

Reflect & Recover: Off-Plan Drinking

By doing this worksheet, you agree to let go of shame, blame and regret. We're learning compassion and curiosity.

Write down the facts only of what you drank, where you were, who you were with when you drank off-plan. .

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I drank because I was telling myself ...(example: "I had a hard day")

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Looking back,, was I blaming, excusing or justifying?
If yes, what would I like to think instead?

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What patterns am I noticing? What can I think, feel and do differently if I notice this happening again?

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The most important thing I learned from this off-plan drinking is...

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Practicing New Beliefs

Day 1

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 2

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 3

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 4

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 5

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 6

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 7

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 8

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 9

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 10

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 11

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 12

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 13

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 14

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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Day 15

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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Day 16

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 17

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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Day 19

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 20

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 21

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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Day 22

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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3. Why? What is your brain coming up with?

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Day 24

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 25

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 26

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Day 27

1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

Day 28

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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Practicing New Beliefs

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1. Write down a new belief you want to believe.

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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Practicing New Beliefs

Day 30

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2. How does this thought feel when you think it today?

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3. Why? What is your brain coming up with?

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4. Answer each of those sentences with an alternative thought if what your brain comes up with goes against your new belief.

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ABOUT THE AUTHOR

Molly Watts is a writer, podcaster and mentor who helps adult children of alcoholics and habit drinkers create a peaceful relationship with alcohol.

In her own words...

“Alcohol was an ever-present dark abyss in my life. Even before I fully understood the suffering it caused, it was there. My mother began drinking regularly when I was in elementary school, and by the time I was 13, she admitted to me that she was an alcoholic. My mother’s alcoholism continued on for forty years. I became an adult with an alcoholic parent just as much, if not more so, than a child of one. And despite hating what alcohol had done to my mother, it didn’t prevent me from developing my own 30-year dysfunctional relationship with alcohol.

I had **so much REASON to not drink** and still I couldn’t seem to stop.

For 30 years I drank daily. I drank on the weekends, on vacation and at parties. I drank when I was sad, when I was celebrating, when I simply had a tough day at the office. I couldn’t imagine a life without alcohol. I didn’t believe there would be a time when I didn’t “want to drink”. And always in the back of my head was a mountain of anxiety and worry...was I becoming my mother.

I figured out how to use my own brain, the same brain that wrote those stories in the first place, to undo the urge to drink. And now I feel safe in the knowledge that I have complete, calm, control over alcohol. I have PEACE.



- No longer live in fear that they are following a genetic trail to alcoholism.
- Not worry that they are turning into an alcoholic.
- Can take or leave alcohol without feeling deprived, without being uncomfortable at all.
- Have a great life without the anxiety caused by alcohol!

@alcoholminimalist

www.mollywatts.com