



The Other Side of the Bottle COURSE

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THE “PUSH/PULL” TOOL

Fill out this list below with compelling and “emotionally charged” answers for both sections. Then, take an index card, and on one side, write your final “push” list. On the other side, write your final “pull” list. Keep the list wherever you keep your money (or make multiple copies and keep in your car, your visor, tape it to your steering wheel’s center, put it in your purse – keep it where you will get a reminder BEFORE you impulsively buy any alcohol during a craving/urge. For example, in your wallet or purse. Or if you keep cash in a stash somewhere in your car, put one there. Keep one in your jacket pocket. The goal is to remind yourself of what you will gain or lose if you act on a craving BEFORE you act on that craving..

PUSH

Write answers to the question

“what would I lose if I don’t stop this behavior?”

Think of things that are “pushing” you to change. Will you lose your spouse/partner? Lose your job? Your home? Is your health failing? What about your self-respect? Have your kids lost all respect for you? Make it real and tap into the pain of it. Most of us stand to lose a LOT and it’s a primary driving force toward “pushing” you to get better.

PULL

Write answers to the question

“what could I gain if I do stop this behavior?”

Think of things that will “pull” you strongly toward a better life. What’s your “vision” for the new you? What were your goals in life and what did you enjoy before alcohol took over? Make this list tangible and measurable --- DO NOT MAKE IT VAGUE. It should give you hope, but be realistic, *and you should want it bad enough to go for it.*