

IT'S IMPOSSIBLE FOR ME TO QUIT – I THOUGHT SO, TOO



I understand the daunting thought that quitting alcohol or drugs seems impossible. It's a significant challenge, no doubt. But let's shift our perspective from the magnitude of the task to the possibility and hope that comes with each step toward sobriety.

Addiction may have woven itself deeply into your life, touching everything from daily routines to social interactions and ways of coping. Each effort to quit might feel like a struggle against a part of yourself, crying out for just one more indulgence. But here's a brighter truth: **no matter how impossible it may seem, quitting is achievable and is the first step towards a fulfilling life.**

I'VE BEEN THERE. ALCOHOL WAS ONCE MY CONSTANT COMPANION, MY SOLUTION FOR EVERY PROBLEM. HOWEVER, WITH TIME, I REALIZED IT WAS A DECEPTIVE COMFORTER, OFFERING TEMPORARY SOLACE BUT LEADING ME AWAY FROM MY TRUE SELF.

THE TURNING POINT IN MY RECOVERY WAS REALIZING THAT SOBRIETY ISN'T ABOUT LOSING SOMETHING; IT'S ABOUT GAINING SO MUCH MORE. IT'S ABOUT REDISCOVERING YOUR POTENTIAL, RESTORING RELATIONSHIPS, AND EMBRACING YOUR AUTHENTIC SELF. IT'S ABOUT EXCHANGING A TEMPORARY ESCAPE FOR LASTING PEACE AND GENUINE HAPPINESS.

If you feel that quitting is unattainable, remember that while the journey is challenging, it is also deeply rewarding and well-traveled by many. **You're not alone.** The path to sobriety is lined with support, understanding, and the shared experiences of others. **Your inner strength, perhaps currently hidden, is ready to emerge.** Your consideration of this change while reading these words is a testament to your readiness to start this life-changing journey.

Quitting drinking is indeed a formidable task, but it's also a path filled with hope, growth, and transformation. **You have what it takes** to embark on this journey, and the rewards of sobriety await you, one step at a time.

EXERCISE: OVERCOMING THE 'IMPOSSIBLE'

Write down the struggles and challenges you have faced or anticipate facing in your attempt to quit.

If you have tried to quit before, what worked and what didn't in your previous attempts?

Write down three to five reasons you believe you can't quit drinking. Next to your beliefs, write down challenges to your beliefs.

Belief

Challenge

FOR EXAMPLE: I CAN'T HANDLE STRESS WITHOUT A DRINK.

I HAVE MANAGED STRESS BEFORE WITHOUT ALCOHOL DURING [SPECIFIC SITUATION].

EXERCISE: OVERCOMING THE 'IMPOSSIBLE'

Visualize an Alcohol-Free Life

What do you see?

Who are you with?

What are you doing?

Small Steps for Big Changes: Identify one small step you can take today toward your goal of quitting. It could be as simple as avoiding a trigger, attending a support group, or finding a hobby to replace drinking time.

Reflection: After completing this exercise, take a moment to reflect on how it felt to challenge the belief that quitting is impossible. Did you discover new insights about your relationship with alcohol? How does the vision of a sober future make you feel?