



mindful drinking

the why

- it's delicious.
- can enhance a dining experience
- experiential
- education
- social lubricant
- community and intimacy
- ritual
- coping

identify all the reasons you're drinking

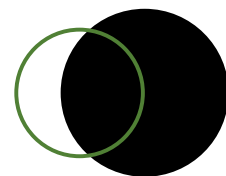
the how

- creative outlet
- artistic medium
- source of income
- subject to study
- collectible
- social conduit
- currency
- coping mechanism

and the role alcohol is playing for you


mindfulness

means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, non-judgemental, and nurturing lens.





thought prompts

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- how does my body feel in this moment?
 - what emotions are coming up for me right now?
 - is there a time I've felt these before?
 - what thoughts are popping into my head as i drink this?
 - does my current consumption align with my needs and well-being goals?
 - do i feel safe and comfortable with the people I'm with?

then use your emotional processing worksheet to identify your thoughts and feelings.



keep an eye out for patterns!

