

Name: _____

Date: _____

Writing Exercise

These questions will help me better understand your history and relationship with alcohol. Please answer to your comfort level.

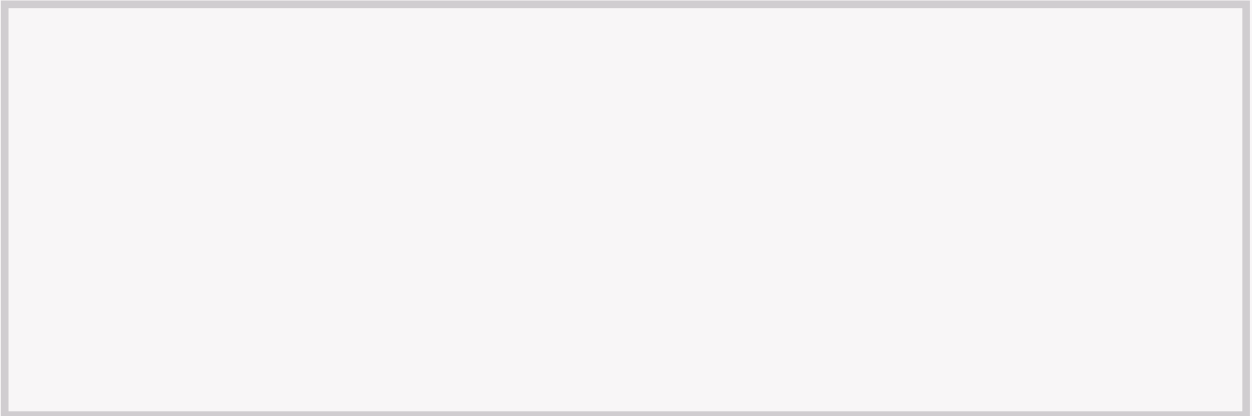
How old were you when you took your first drink? What was the experience like for you?

What was your life like around that time?

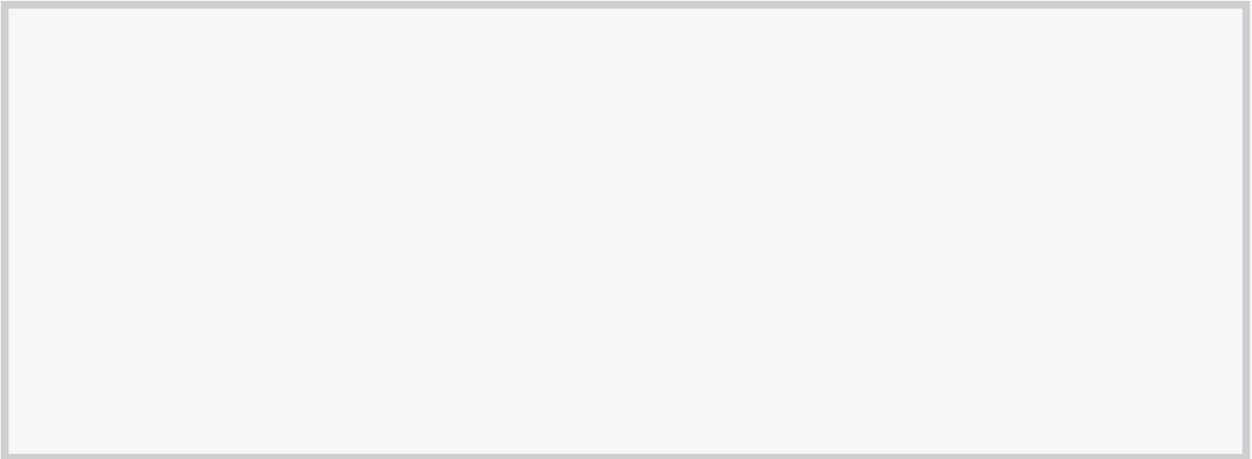
How has your drinking pattern changed over time? Did you gradually drink more, did it wax and wane?

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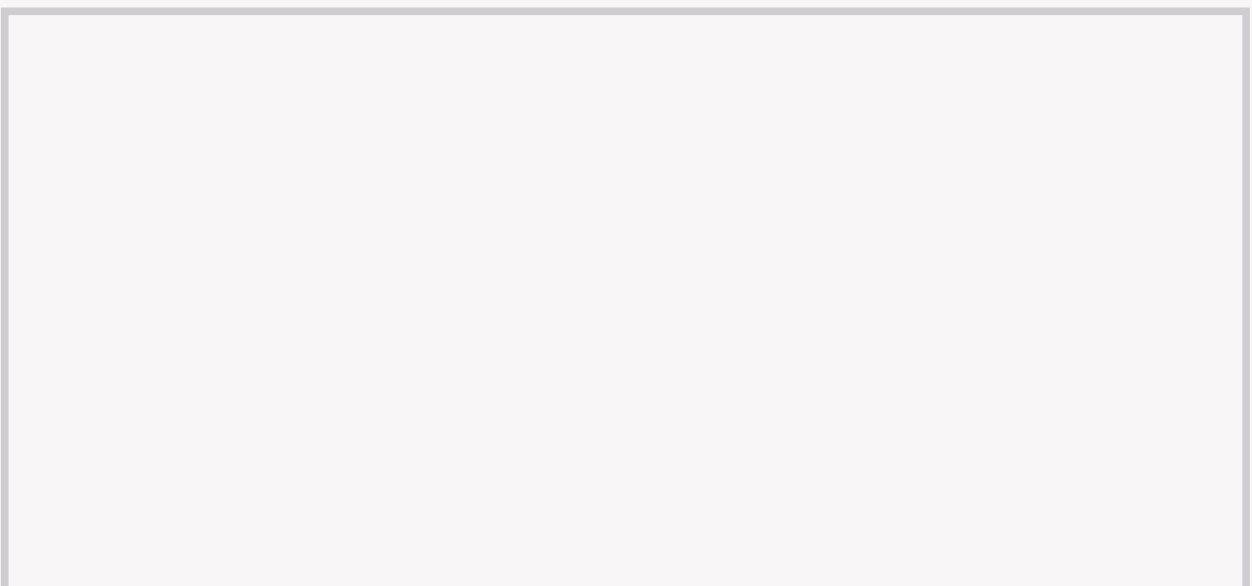
Do you have specific experiences with alcohol that you think are particularly important to this process? These could include times you've drunk more than you want to, experiences you've had because of drinking, or anything drinking related.



Has anyone ever told you that you drink too much, or that you have a problem? What was your response?



Have you ever tried to quit drinking before now? Tell me about those experiences. What tools did you use?



What do you see as your biggest obstacles for changing your drinking patterns?

What does success look like for you? What will you be able to achieve once you put alcohol behind you?

Is there anything else you think I should know before we begin?

Thank you for taking time to reflect and share! Please send this back to Cash at theclearheartcoach@gmail.com.