

8) Do you ever drink to distract yourself from experiencing certain emotions? If yes, please describe.

9) Have you attempted to quit drinking or your habit before? If yes how, many times?

10) Why did you go back to drinking or using your habit?

11) Do you have any fears about being clean and sober?

12) Please list ten reasons/benefits as to why you are choosing to quit your habit.

13) Has a physician warned you of a health issue due to drinking or using your habit?

14) Do you have any fears of what might happen if you continue to drink or use your habit?

15) Who else will benefit by your not drinking or using your habit?

16) Why is this the right time to quit?

17) When you end an unhealthy habit like drinking, it must be replaced with a healthy habit. What good habits would you like to replace drinking or your habit with?

18) Have you chosen a quit date? If yes, what is it?

19) If you were to save up some of the money you would spend on alcohol and gift yourself what would that be? For example, a massage at the spa, some new golf clubs, etc...

- 20) Have you told any of your friends who do drink that you have chosen to live a healthier life style? What was their response?
- 21) Please list three things you really don't like to do so you procrastinate doing them. For example, taxes, cleaning the toilet, changing kitty litter, etc....
- 22) Do or did either of your parent's drink? If yes, who?
- 23) List three goals you have achieved or accomplishments you feel good about. It does not matter how long ago how big or small the goal or accomplishment.
- 24) List some of your higher values. For example: honesty, service, family, freedom, etc...
- 25) List some healthy habits you already have and want to do more of or had before you smoked that you want to get back to.