



# CONQUERING ALCOHOL

— FREE 3-DAY RESET —  
STARTER GUIDE

Break the cycle.  
Interrupt the pattern.  
Start over differently.

— ● ● —  
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# WELCOME

**You don't have a willpower problem.  
You have a pattern problem.**

This guide gives you the first 3 days of the 30-Day Reset Program – a simple, structured system to help you break the cycle, handle urges, and take control back one decision at a time.

Over the next 3 days, you'll focus on interrupting autopilot, identifying your triggers, and creating space to make better choices.

**You don't need to be perfect.  
You just need to start.**



**One day.  
One decision.  
A different direction.**

# HOW TO USE THIS GUIDE



## **Do one day at a time.**

Don't think about all 30 days.  
Just focus on today.



## **Complete each section.**

Take action, write things down,  
and be honest with yourself.



## **Check in daily.**

The Daily Check-In builds awareness  
and helps you see progress.



## **Repeat tomorrow.**

If you slip up, start again. One  
decision at a time.



**This isn't about perfection.  
This is about progress.**

**Let's begin.**

## DAY 1 INTERRUPT AUTOPILOT

### WHAT TO EXPECT TODAY

You might feel motivated and hopeful... and at the same time, a little unsure. That's normal. You're stepping outside of a familiar pattern, and your mind will question the decision. Expect moments of confidence and moments of doubt. Your job is to stay committed to today.

### YOUR ACTION

- 1 Clear your environment.**
  - Remove all alcohol from your home, car, or anywhere you have easy access to it.
  - If you live with others, remove it from your immediate space.
- 2 Get clear on your why.**
  - Write down your real reasons for doing this.
  - Not surface-level reasons – real ones.
  - Be specific and honest.
- 3 Anchor your decision.**
  - Put your list somewhere visible (phone, mirror, wallet, etc.).
  - You'll use it when your mind starts to push back.

### MENTAL REFRAME

Old thought: "I'm giving something up."  
 New thought: "I am choosing a better version of my life."  
 You are not losing anything of real value. You are removing something that has been taking more than it's been giving.

### QUICK WIN

You didn't just think about change – you acted on it.

### JOURNAL PROMPT

What specifically made you decide that now is the time to change?

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\_\_\_\_\_

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## DAY 2 IDENTIFY THE TRIGGER

### WHAT TO EXPECT TODAY

Today you may start to notice patterns you've been ignoring. Triggers are sneaky. They don't always come from big events. Sometimes it's stress, boredom, habit, or even something positive. The more aware you become, the more control you get.

### YOUR ACTION

- 1 Notice your patterns.**
  - Pay attention to what happens right before you think about drinking.
  - Time of day? Location? People? Emotions?
- 2 Write it down.**
  - Use the Trigger Worksheet below.
  - Be honest. There are no right or wrong answers.
- 3 Look for common threads.**
  - What patterns show up more than once?
  - Awareness today – power tomorrow.

### TRIGGER WORKSHEET

Situation What Happened?	Emotion What Was I Feeling?	Response What Did I Do?
_____	_____	_____
_____	_____	_____
_____	_____	_____

### MENTAL REFRAME

Old thought: "It just happens."  
 New thought: "Everything has a trigger. I can handle it once I see it."

### QUICK WIN

You became aware of something you've been overlooking.

### JOURNAL PROMPT

What triggers showed up today? What was happening right before the urge to drink?

## DAY 3 CREATE SPACE

### WHAT TO EXPECT TODAY

Today is about building distance between you and the urge. You're not trying to never drink again. You're creating space to make a different choice. That space is where freedom starts.

### YOUR ACTION

- 1 Delay the urge.**
  - When you feel the urge, wait 15 minutes.
  - Set a timer. Just 15.
- 2 Use the 5-5-5 rule.**
  - 5 minutes: Breathe. Don't react.
  - 5 minutes: Do something else (walk, stretch, call someone, cold water, etc.).
  - 5 minutes: Check in. The urge will pass.
- 3 Plan a replacement.**
  - Choose 2-3 healthy alternatives you enjoy.
  - Prepare them in advance when possible.

### MENTAL REFRAME

Old thought: "I need a drink to feel better."  
 New thought: "I can ride this out. Urges come and go."  
 You are not the urge. You are the observer.

### QUICK WIN

You proved to yourself that you can sit with discomfort and not give in.

### JOURNAL PROMPT

What did you do today instead of drinking?  
 How did it make you feel?

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\_\_\_\_\_

### DAILY CHECK-IN

Did I drink today?  
 YES  NO

Craving level  
 (1-10)

Mood  
 (1-10)

## BONUS: TOOLS FOR SUCCESS



### Hydrate

Drink water throughout the day. Dehydration increases cravings.



### Move Your Body

Exercise reduces stress and boosts your mood naturally.



### Talk About It

Don't keep it inside. Reach out to someone you trust.



### Get Good Sleep

Sleep is recovery. Protect your nights so you can win your days.



### One Day at a Time

Focus on today. The rest will take care of itself.



Small daily choices create big change.  
Keep showing up for yourself.

## WHAT HAPPENS NEXT?

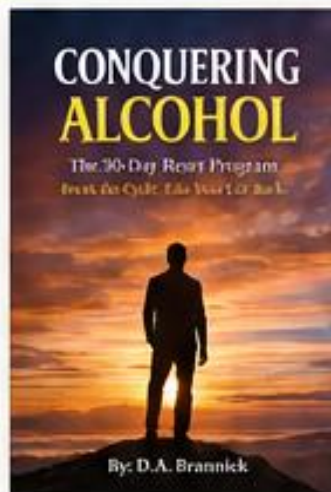
The next 27 days build on what you've started here.

You'll go deeper into:

- ✓ Breaking patterns for good
- ✓ Handling urges and cravings
- ✓ Building a new identity
- ✓ Strengthening your mindset
- ✓ Creating a life you don't want to escape from

This 3-Day Reset is just the beginning.

You've already taken the hardest step – deciding to do something different. Now it's time to keep going.



YOU ARE NOT ALONE.  
YOU ARE NOT POWERLESS.  
YOU ARE NOT DONE.  
YOU ARE JUST GETTING STARTED.