

## **A Holiday to Remember: The Secrets for a Joyful Sober Holiday Season Webinar transcript, December 13, 2023**

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00:00:02.080 --> 00:00:04.580

Adriana Cloud (she/her): And I'm going to share my screen.

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00:00:19.900 --> 00:00:22.460

Adriana Cloud (she/her): Okay. let's go

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00:00:24.210 --> 00:00:30.560

Adriana Cloud (she/her): all right. Thank you. Everyone for being here. This is a holiday to remember the secrets for a joyful, sober holiday season

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00:00:30.580 --> 00:00:42.100

Adriana Cloud (she/her): for those of you who don't know me. I'm Adriana Cloud. I am a certified life coach with the Life course, school and I will be your host this evening. So let's get going. I'll tell you a bit more about myself a bit

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00:00:42.130 --> 00:00:53.640

Adriana Cloud (she/her): later on. So you're in the right place if you're already sober, and you're just wanting to recommend to staying sober through the holidays. So if this is you congratulations, yay.

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00:00:53.730 --> 00:01:11.620

Adriana Cloud (she/her): or maybe you're sober-ish, so maybe you've had a few sober days, a few sober weeks, a few sober months, but perhaps you are unable to make it stick, and especially with the holidays coming up, you might be worried that there will be extra temptations. And so you're just looking for some extra tips.

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00:01:11.720 --> 00:01:24.170

Adriana Cloud (she/her): or maybe you're sober committed. This is the term I just made up today. But maybe you know that you want to be sober. But you aren't really sure how to do that. You haven't yet figured out where to even begin.

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00:01:24.190 --> 00:01:51.780

Adriana Cloud (she/her): But you know that this is what you're working towards, and let me tell you, the holidays are as good a time as any to start doing this work. And finally, you're also in the right place if you're sober, curious. So maybe you're not quite sure yet. What do you want your relationship without to look like? Maybe you're not sure if you want to fully quit. But if you're here you probably may have noticed that sometimes when you drink, you experience the negative impact of drinking.

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## Adriana Cloud Coaching

00:01:51.820 --> 00:02:04.340

Adriana Cloud (she/her): and maybe there have been times in the past when you have drunk more than you wanted to, and then regretted it. And so you're probably at least interested in being sober or drinking less than you have drunk in the past.

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00:02:04.750 --> 00:02:15.260

Adriana Cloud (she/her): So whatever your current relationship with alcohol is, you're in the right place. You're going to learn some great tips that will be helpful. Whatever you want your future drinking life to look like.

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00:02:15.500 --> 00:02:23.530

Adriana Cloud (she/her): and whatever you currently are drinking, however much you're drinking. If you're here and thinking about the holidays.

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00:02:23.670 --> 00:02:35.889

Adriana Cloud (she/her): I think we probably all want the same things. So first of all, we want to feel in control around now, call and not drink or not over drink. So I'm using those 2 terms, because I know that for some of us

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00:02:35.920 --> 00:02:58.890

Adriana Cloud (she/her): we don't want to drink at all. We've decided that full sobriety is what we're working towards and for others. Maybe you're just looking to cut down, but not stop completely. Maybe you just want to still be able to drink on the weekends or in special events. Maybe you just want to have one glass of wine with dinner. So maybe you're just not looking to over drink. So those are the 2 terms that I'm going to be using today.

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00:02:59.430 --> 00:03:03.900

Adriana Cloud (she/her): And as the holidays are approaching, we also want to have fun because

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Adriana Cloud (she/her): the holidays are time to have fun. And we also want to remember. Because is it really fun if we have to have someone remind us exactly of what happened the night before. Not so much so if we're here, we want to remember all the fun we're having, and we don't want to experience FOMO. So we don't want to feel like we're missing out, or anything that other people have. But we don't have. And

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00:03:25.800 --> 00:03:48.870

Adriana Cloud (she/her): finally, we want to enjoy the holidays and actually be able to do fun things. So instead of wasting hours or days to recovering from one night of heavy drinking, we want to actually be able to do some other fun. Things like build a board house, or learn how to knit or read a book, or whatever you want to do with your holidays.

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00:03:49.100 --> 00:04:07.930

## Adriana Cloud Coaching

Adriana Cloud (she/her): So how I'm going to help you today is, first, I'm going to talk about the problem. So what is really the issue here? Why is it so hard to drink less during the holidays, even though we want to drink less. And I'm going to talk about what you may have tried in the past when it comes to not drinking, and why it hasn't worked.

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00:04:08.050 --> 00:04:18.720

Adriana Cloud (she/her): And then I'm going to give you the solution. So this is my 3 step formula for how to stay sober during the holidays or drink only as much as you've decided to drink. So

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00:04:18.910 --> 00:04:46.589

Adriana Cloud (she/her): these are going to be very practical tips that you can apply to any holiday scenario. So whatever your holidays look like, these will be useful. So if you have a big Hannica celebration tomorrow, or you have a Christmas dinner with the in-laws. Or maybe you have an office holiday party, and then you have a New Year's rave, or you have a Kwanzaa celebration, or you're going to the Mall to wrestle with Santa. Whatever holidays look like. These tips are going to be useful.

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00:04:47.050 --> 00:04:48.360

Adriana Cloud (she/her): And

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00:04:48.550 --> 00:05:06.760

Adriana Cloud (she/her): afterwards, next, I'm going to talk about my one on one coaching program, which is called Shame, free Sobriety. So this is for anyone who's looking to stay sober beyond the holidays, and is looking for some help, and I'm going to tell you why. December is actually the best time to hire a sobriety coach.

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00:05:06.920 --> 00:05:10.450

Adriana Cloud (she/her): and finally, I will leave some time for Q&A at the end.

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00:05:13.170 --> 00:05:14.200

Adriana Cloud (she/her): Okay.

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00:05:15.610 --> 00:05:18.019

Adriana Cloud (she/her): moving on very slowly.

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00:05:18.920 --> 00:05:47.079

Adriana Cloud (she/her): My Internet is maybe not great, which is not amazing. But who am I for those of you who don't know me. My name is Adriana Cloud, as I said, and I got sober 3 years ago on Christmas, after decades of daily drinking, and towards the end I was drinking quite heavily, so I was drinking a bottle of wine per night, or sometimes even more, and I knew I had a problem, but I desperately wanted to not have to quit drinking. I

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00:05:47.080 --> 00:05:59.840

Adriana Cloud (she/her): first of all was worried that I wouldn't be able to stop because I was used to drinking every day, and also I just didn't want to stop because I was worried that my life will be boring. If I wasn't drinking, I was worried that I would just be miserable and feeling

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00:05:59.840 --> 00:06:29.600

Adriana Cloud (she/her): deprived all the time. And so this is what kept me stuck. So if this is where you are right now. I just want to say I get it. I've been there. I know this is like, but I also want to tell you that when I finally quit drinking for good in December 2020. That was the best decision I ever made. This is hands down. The best thing I have ever done for myself. I've never looked back, and my life is just opened up in some amazing ways since then that I never even could have anticipated. So

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00:06:29.900 --> 00:06:53.719

Adriana Cloud (she/her): I feel better. Physically I sleep better. I have more energy. I started running. I got certified as a life coach. I'm building this whole new business. I have been doing a lot more with my days, because it turns out that when you're not hungover for half the day, you actually have time to do things that you want to do. I've been traveling more because I save money that I'm not spending on drinking.

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00:06:53.780 --> 00:07:23.760

Adriana Cloud (she/her): My relationships are better because I show up as myself, and I'm more confident as opposed to being this horrible people pleaser, who just did everything, so that other people like me because I didn't really like myself, and I with 3 years of sobriety under my belt, I can tell you that I don't miss alcohol at all. I don't think about it. I don't want it. I don't need it. I don't have to decide every day that I don't want it. This is just a decision that I've made, and I've never been happier.

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00:07:23.770 --> 00:07:46.879

Adriana Cloud (she/her): So I want this life for you, too. If this is something that you're looking for again. I know that maybe not. Everyone is there? Maybe not. Everyone is there yet. But if this is something that you're considering, I want to tell you that quitting drinking is actually easier than you think it is, and sober life is a lot more fun than you think it is. It's like really liberating and exciting and wonderful.

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00:07:46.930 --> 00:07:51.969

Adriana Cloud (she/her): So, apart from being sober 3 years. As I said, I'm also a certified life coach.

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00:07:51.970 --> 00:08:17.809

Adriana Cloud (she/her): So I'm actually trained in causal coaching, which means that I'm trying to help people to really see how their thoughts and their attitude and their actions affect their life. So I'm trained to help them understand why their life looks, the way it looks, and to help them change their mindset and change. They how they show up so that they can build a life that they want, because this is absolutely within everyone's control.

## Adriana Cloud Coaching

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00:08:18.000 --> 00:08:24.909

Adriana Cloud (she/her): So this is who I am. And this is why we're here today. So I'm just going to take a sip of water. And then we're going to dive in.

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00:08:30.250 --> 00:08:32.500

Adriana Cloud (she/her): Okay, so what is the problem?

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Adriana Cloud (she/her): The problem is that we want to drink less. But around the holidays the 2 main things that are making it difficult is because we have Fomo, and there is peer pressure.

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Adriana Cloud (she/her): So the thing with Fomo is that

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00:08:47.140 --> 00:09:14.600

Adriana Cloud (she/her): we live in a society. Most of us Western society or Western Influence society, where drinking is normal drinking is the default, and especially around the holidays. There is this pressure to drink, because it's in our culture that this is the time to indulge and treat ourselves, and we just overdo everything we overeat, we over drink, we overspend, we over indulge in everything. So we've come to believe that we can't really have fun unless we're drinking. And so.

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00:09:14.600 --> 00:09:29.240

Adriana Cloud (she/her): as the holidays are approaching, we worry that a sober holiday could mean that we will be bored and miserable while other people were having all the fun. And the other problem is peer pressure. So with the holidays coming up.

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00:09:29.520 --> 00:09:36.779

Adriana Cloud (she/her): that for most of us means that there are more opportunities to socialize. So we're around more people and

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00:09:36.780 --> 00:10:03.500

Adriana Cloud (she/her): we worry what they will think about us. If we don't drink, we worry what they will say behind our backs and maybe to our faces, and maybe they will ask us questions about why we're not drinking, or they will push us to drink. So we are social creatures, and we want to fit in. So it's understandable that we want to be a part of the tribe. It's just unfortunate that the tribe considers drinking at 9 Am. Normal. So this is not ideal. If we're trying to stay sober.

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00:10:03.630 --> 00:10:07.960

Adriana Cloud (she/her): So if you have wanted to drink less in the past.

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00:10:08.100 --> 00:10:17.369

## Adriana Cloud Coaching

Adriana Cloud (she/her): maybe you have tried something like sober October or dry January, or any kind of other like campaign that

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00:10:17.670 --> 00:10:34.389

Adriana Cloud (she/her): promotes staying sober for a period of time, or maybe a cleanse or some kind of diet where alcohol isn't allowed, and if you've done that, my guess is that you were trying to use willpower to resist the temptation to drink, even though you still wanted to drink.

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00:10:34.470 --> 00:10:55.480

Adriana Cloud (she/her): and my guess is also that you were white knuckling it, and you felt exhausted by this effort, and probably frustrated and deprived because you probably felt like you were denying yourself something that you actually still want it. So why does willpower, not work? First of all, it doesn't work because it's a finite resource.

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Adriana Cloud (she/her): So

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00:10:57.050 --> 00:11:12.109

Adriana Cloud (she/her): we have a limited supply of it, and as the day goes on we have less of it, and it also is tied up with factors like, How well have you slept? Are you hungry? Is your child sick? Did your boss yell at you? Did you step in a puddle? Did you get an unexpected bill.

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00:11:12.110 --> 00:11:30.260

Adriana Cloud (she/her): So if there are other challenging circumstances in your life, odds, are you not going to have access to all the willpower that you would have say on a day when the sun was beautiful, when you woke up refreshed, and everything is going smoothly, so will power is just not reliable, because you never know how much of it you're going to have.

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00:11:31.110 --> 00:11:58.419

Adriana Cloud (she/her): The second reason willpower doesn't work is because willpower relies on us making good decisions in the moment and exercising impose control, and that takes part in the primitive brain. So that's a part of the brain that is not very evolved and is actually kind of dumb. So the primitive brain just wants 3 things. It wants to seek pleasure, avoid pain and save energy.

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00:11:58.420 --> 00:12:26.080

Adriana Cloud (she/her): So when you're making a decision in the moment. It's your primitive brain that calls the shots, and usually odds are your primitive brain would choose whatever brings it to pleasure. So if you walk into the office holiday party, and there's a server with a tray of champagne, and you're relying on your primitive brain to choose wisely. Odds are your brain is going to choose to pick up the fluid of champagne. So that just doesn't work the way that you want it to.

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00:12:26.310 --> 00:12:29.810

Adriana Cloud (she/her): And finally, the problem with willpower is that

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00:12:29.890 --> 00:12:52.379

Adriana Cloud (she/her): we are fighting our subconscious brain. We again, because we live in a society that tells us that drinking is normal. We have absorbed a lot of messages that tell us that drinking is fine, and that's the default, and it's appropriate to drink in all kinds of situations. And we've learned that alcohol helps us to relax, and that

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00:12:52.380 --> 00:13:02.979

Adriana Cloud (she/her): when we're celebrating, it's appropriate to drink, and it's a reward and a special treat. And we see ads that portray like sophisticated sexy life as being

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00:13:03.580 --> 00:13:19.230

Adriana Cloud (she/her): accompanied by alcohol. And so, even though we don't consciously learn our co equal sophistication, our Co. Equal sexy our co equal celebration. We see these messages all the time, and so we file them away, and that they get

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00:13:19.510 --> 00:13:41.359

Adriana Cloud (she/her): encoded into our subconscious mind. So if we get to a point where we're deciding that drinking is having a negative impact on our lives. And we want to drink less. This is our conscious mind making this decision. But subconsciously, we still have this belief that alcohol is great and it's fun. And it's normal. And so we have cognitive dissonance. So

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00:13:41.840 --> 00:14:03.449

Adriana Cloud (she/her): we're now going to be able to unprogram the unconscious mind in a 1 h, Webinar, but I want to tell you all of this so that you can understand why, if you've tried to quit or cut down in the past, and you were relying only on willpower, it probably hasn't worked because you still are fighting with some part of your brain that still wants to drink.

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00:14:03.510 --> 00:14:04.630

Adriana Cloud (she/her): So

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Adriana Cloud (she/her): I'm also telling you this because it's likely that as we go into the holiday season, if you're trying to drink less, you might still experience moments when you still actually want to drink. And again, I want to say, this is normal. It doesn't mean anything has gone wrong. It doesn't mean that you can't quit. It doesn't mean you're broken. It doesn't mean anything about you. It's just your brain acting the way that it has evolved to act.

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00:14:30.440 --> 00:14:31.290

Adriana Cloud (she/her): Okay.

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00:14:33.130 --> 00:14:54.550

## Adriana Cloud Coaching

Adriana Cloud (she/her): Next, the good news is that none of this is permanent, that there is a pretty simple solution. So, instead of going to the holiday season with anxiety and dread, because you're not sure if you will have enough willpower to resist the temptation, I'm going to give you my very simple 3 step formula for how to have a holiday to remember. So these are super simple steps.

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00:14:54.560 --> 00:15:06.219

Adriana Cloud (she/her): but I assure you that they work. Don't be tempted to think that just because they're so simple they don't work. I will explain to you why they work, and I'm going to give you a lot of actual

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00:15:06.300 --> 00:15:13.430

Adriana Cloud (she/her): suggestions for each one for how to implement them. So this is my 3 step formula. It's plan ahead.

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00:15:13.480 --> 00:15:15.170

Adriana Cloud (she/her): Focus on the positive

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00:15:15.220 --> 00:15:25.359

Adriana Cloud (she/her): and stay curious instead of judging yourself so again, this is it. It's very simple, but it works, I promise you, if you do these 3 things, which again, I'll give you

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00:15:25.970 --> 00:15:39.360

Adriana Cloud (she/her): concrete suggestions for each one, and I'll tell you why they work. But if you do these 3 things you won't have to white, knuckle it, and you won't have to worry about whether you will be able to resist the temptation and someone enough willpower.

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00:15:39.930 --> 00:15:42.670

Adriana Cloud (she/her): So let's dive into each one.

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00:15:44.420 --> 00:15:46.590

Adriana Cloud (she/her): I'm going to take another sip of water.

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00:15:48.050 --> 00:15:48.730

Adriana Cloud (she/her): Right?

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00:15:49.110 --> 00:15:51.070

Adriana Cloud (she/her): Okay, so plan ahead.

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00:15:51.640 --> 00:16:10.899

Adriana Cloud (she/her): If you take nothing from this webinar, this is what I want you to take. I want you to plan ahead when you're going to drink, and exactly how much you're going to drink and what



you're going to drink. This is the most important thing you can do this is this is what's going to set you up with success if you do nothing else. This is the thing you should do so as we discussed.

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00:16:10.900 --> 00:16:34.199

Adriana Cloud (she/her): You don't want to rely on the primitive brain to make decisions at the moment, because that just usually does not work. So instead, you want to make decisions ahead of time, because planning ahead uses a different part of the brain. It uses a part of the brain that evolved later and so is more rational. This is the prefrontal cortex. So this is the part that actually can make good rational decisions.

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00:16:34.520 --> 00:16:55.060

Adriana Cloud (she/her): So I want you to really think about? What does your holiday season look like? What are the occasions where you may want to drink? And what what does that look like. And again, if you are trying not to drink at all, then this is a very simple decision. I will drink nothing at all, ever on any day, regardless of where I am or who's around me.

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00:16:55.070 --> 00:16:57.850

Adriana Cloud (she/her): But if you are still thinking that

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00:16:58.120 --> 00:17:23.070

Adriana Cloud (she/her): you might actually still want to drink at some point, I want you to write it down. Just decide, maybe not on this webinar, but decide at least 24 h ahead of time. Decide what you're going to have. And when so, for example, maybe you want to have one beer at the office holiday party on December twentieth, and then you want to have one glass of champagne on Christmas, and that's it. Or

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00:17:23.354 --> 00:17:33.869

Adriana Cloud (she/her): maybe you want to have nothing at all until New Years, and then you want to have 5 glasses of wine. So you decide no judgment. But I want you to make a decision ahead of time.

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00:17:34.030 --> 00:17:52.809

Adriana Cloud (she/her): because you want to take the guessing game out of the equation, and you don't have to keep wondering whether you're going to be drinking. You don't have to keep deciding, and I want to emphasize that this is really useful, even if you decide to have the 5 glasses of wine. So I don't recommend that I have done that. It's not great.

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00:17:52.950 --> 00:18:13.129

Adriana Cloud (she/her): but it's actually still better for you to decide ahead of time to drink 5 glasses of wine as opposed to just showing up wherever you're going, knowing that you want to drink less or nothing, and hoping that your primitive brain will be able to make a good decision in the moment.

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## Adriana Cloud Coaching

00:18:13.130 --> 00:18:28.010

Adriana Cloud (she/her): So every time you put your prefrontal cortex in charge the rational part of your brain. You're taking some of your power back. You're breaking some of the old patterns of deciding in the moment. And this is why it's so important to decide ahead of time.

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00:18:28.840 --> 00:18:48.139

Adriana Cloud (she/her): And in that vein point 2 is to decide ahead of time what you want to tell other people so you don't know anyone any explanations. But unfortunately, we live in a world where some people feel entitled to ask you questions about what you're drinking. Why, you're not drinking. How dare you not be drinking

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00:18:48.140 --> 00:19:10.939

Adriana Cloud (she/her): for Santa? And they might ask you Nosey questions, and they might push you to drink. They might say things like, Oh, come on, it's Christmas! One drink won't kill you. Don't be! Don't be such a party, Pooper, don't be so boring. How could you not be drinking? I don't even know who you are anymore. You will offend. And, Judy, if you don't try her punch.

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00:19:10.940 --> 00:19:18.350

Adriana Cloud (she/her): so just anticipate that some of this might happen, and think ahead of time what you may want to say.

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00:19:18.350 --> 00:19:46.809

Adriana Cloud (she/her): and I want to give you permission here to lie if you have to. So if you're the office holiday party, and Janice, from accounting, is asking you, while you're only having lemonade, you don't have to tell her that you worried about how much you drink. You could just say that you have a headache or your antibiotics, or you have something early in the morning, or you dream only of turtles when you drink, and you really hate turtles. So this is why you're not drinking just whatever it is. Decide ahead of time.

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00:19:47.090 --> 00:19:50.459

Adriana Cloud (she/her): and I also want to give you permission to

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00:19:50.790 --> 00:20:08.750

Adriana Cloud (she/her): let people think whatever they want. This is their right. You can't make them think. Anyway, you can make them think anything anyway. So just allow them to be wrong. Allow them to think that you're rude or weird. Allow them to think whatever they want about you, not drinking.

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00:20:08.870 --> 00:20:17.690

Adriana Cloud (she/her): And lastly, just remember that, apart from however long it takes to have the actual conversation about why you're not drinking.

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00:20:17.870 --> 00:20:35.960

## Adriana Cloud Coaching

Adriana Cloud (she/her): they're not going to really think about you. Odds are 5 min later they will be worried about what's in their own class, and then, later on they'll be drunk. And the next day they'll be hungover. So they really won't be thinking, spending that much time thinking about you as you are thinking about them. So let them be

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00:20:37.190 --> 00:20:59.459

Adriana Cloud (she/her): number 3 in the plan ahead. Plan is to line up a support body if you can, so I know that might not always be possible. But if you have someone, you can tell what you're trying to do, please do that and tell them how they can support you. So maybe you need someone to text you every half an hour and remind you why you're trying not to drink.

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00:20:59.460 --> 00:21:24.950

Adriana Cloud (she/her): or maybe you need them to call you at 9 30 and make sure you're on your way home, or maybe, if they're with you wherever you are, you ask them to stand next to you, or sit next to you the whole evening, and make sure that you don't drink, or if they see Uncle Bob approaching, they can whisk you away, so you don't have to tell him why you're not drinking. So whatever support looks like for you, if you can line that up ahead of time

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00:21:26.270 --> 00:21:28.450

Adriana Cloud (she/her): and number 4,

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00:21:28.460 --> 00:21:44.959

Adriana Cloud (she/her): if you're going somewhere where it's appropriate to bring your own drinks. Then bring your own non alcoholic beverages, and this this will make it easier to say no to a drink. If you're already holding a drink in your hand, it will be harder for other people to push drinks on you.

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00:21:44.960 --> 00:22:00.140

Adriana Cloud (she/her): and this way you also ensure that you have something to drink? Do you actually enjoy, as opposed to showing up somewhere where the only non alcoholic drinks are orange juice and instant coffee. So I invite you to bring your own, if appropriate.

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00:22:00.140 --> 00:22:10.140

Adriana Cloud (she/her): and maybe even bring some extras, because maybe there's someone else there who would actually be very grateful to have the option. To have something non alcoholic.

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00:22:12.410 --> 00:22:19.219

Adriana Cloud (she/her): Number 5 is to anticipate cravings and discomfort. So this comes back to

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00:22:19.330 --> 00:22:22.340

Adriana Cloud (she/her): our unconscious programming. And we're

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00:22:22.640 --> 00:22:48.809

## Adriana Cloud Coaching

Adriana Cloud (she/her): we're just steeped in these messages that our call is fun and and good and normal. And so it's also normal. If you're in a situation where you maybe would have drunk in the past. But now you're trying not to drink. It's really normal to experience a craving and to feel a bit of discomfort. So again. It doesn't mean that anything has gone wrong. It doesn't mean anything has gone wrong with you. It doesn't mean you won't be able to be

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00:22:48.810 --> 00:22:57.559

Adriana Cloud (she/her): over. It doesn't mean anything about you as a person, or or your qualities, or your willpower, or any of that. It just means that

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00:22:57.900 --> 00:23:12.489

Adriana Cloud (she/her): there might be some moments where your subconscious wins, and you're experiencing a moment of discomfort. But it's totally fine. Just notice that that's happening. Anticipate that it might happen. And so when it happens, just let it be there. And

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00:23:12.550 --> 00:23:25.330

Adriana Cloud (she/her): also there was some research down that. and emotion last approximately 90 s. So if you're experiencing some kind of anxiety or antsiness, or anything else around the fact that you're not drinking.

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00:23:25.440 --> 00:23:31.790

Adriana Cloud (she/her): Just give it 90 s and answer. You will then have a different emotion. So just let it be there for a moment.

99

00:23:32.520 --> 00:23:33.740

Adriana Cloud (she/her): and finally.

100

00:23:33.860 --> 00:24:00.650

Adriana Cloud (she/her): I want to encourage you to know what owner you need. So what I mean by this is, if you can try not to put yourself in situations that are going to be really challenging. So if there is a particular event that you were especially worried about. Is it possible to say, No, can you just not go? Can you make up an excuse if you have to, even if it's fake and not show up. And again.

101

00:24:00.850 --> 00:24:21.209

Adriana Cloud (she/her): maybe it's okay. If people are disappointed, maybe it's okay. If they're a bit upset that you didn't go. But you have to do what you have to do for your own needs. So really think about that. Is there is there somewhere where you really don't want to be. And can you not go? Or if you absolutely have to go somewhere where you're not comfortable being.

102

00:24:21.370 --> 00:24:32.469

Adriana Cloud (she/her): could you maybe go a bit late and just say a few hellos, and leave early and go to bed early, or have something planned and excited. You're looking forward to. Just

## Adriana Cloud Coaching

103

00:24:32.590 --> 00:24:37.580

Adriana Cloud (she/her): don't put yourself in situations that are going to be difficult if you can avoid it.

104

00:24:38.750 --> 00:24:39.610

Adriana Cloud (she/her): Okay.

105

00:24:40.620 --> 00:24:41.820

Adriana Cloud (she/her): next.

106

00:24:45.690 --> 00:24:48.330

Adriana Cloud (she/her): sorry. My screen is moving really slowly.

107

00:24:53.540 --> 00:24:57.630

Adriana Cloud (she/her): Here we go. Okay, point to focus on the positive.

108

00:24:58.070 --> 00:25:00.410

Adriana Cloud (she/her): So what I mean by this is not

109

00:25:00.560 --> 00:25:14.070

Adriana Cloud (she/her): try to manifest this perfect life where everything is beautiful, and there are only unicorns and daisies everywhere, and try to force yourself into that mindset, because that's not possible. But what I mean is, just really think about

110

00:25:14.130 --> 00:25:33.219

Adriana Cloud (she/her): what is it that you enjoy about the holiday season. That is not alcohol. So if I ask you on December first, what are you looking forward to in the holiday season? I bet you're not going to answer. Oh, I'm really looking forward to getting very wasted, and then being hung over for the next 2 days. So what would you actually answer. So write that list, too.

111

00:25:33.390 --> 00:26:01.710

Adriana Cloud (she/her): Maybe it's you like the lights on the streets, or you like catching up with family that you haven't seen all year, or hanging out in pajamas, or the fact that you won't have to answer work emails. Or maybe you like Christmas candles, or I don't know paper snowflakes. I like paper snowflakes or cheesy Christmas songs, whatever it is. Just really think about. What is it about the holidays that you can enjoy even when you're sober

112

00:26:02.190 --> 00:26:09.760

Adriana Cloud (she/her): and related to that. What will you gain by staying sober? Will you ask yourself. what

## Adriana Cloud Coaching

113

00:26:09.870 --> 00:26:27.270

Adriana Cloud (she/her): are you going to be giving yourself if you choose to not drink. So this is the anti-fomal point. Instead of thinking about what you're going to be missing out, and how you can join the boost fest which is going to make you more likely to feel deprived. I want you to redirect your mind to

114

00:26:27.450 --> 00:26:32.430

Adriana Cloud (she/her): what you're actually gaining by not drinking. And again, you can make a list so

115

00:26:32.690 --> 00:26:34.510

Adriana Cloud (she/her): it could be things like.

116

00:26:34.560 --> 00:26:43.760

Adriana Cloud (she/her): you won't say anything embarrassing to your manager because you're drunk at the Holiday office party, or you won't be driving after you've had

117

00:26:44.200 --> 00:27:05.309

Adriana Cloud (she/her): drinks, so you won't be putting anyone in danger, and you will be saving money, cause you won't be buying really expensive cocktails when you're out with friends, and you will wake up and remember everything that happened as opposed to having to have your friends remind you. So your list will look different, but just really focus on what you're gaining. So do you not focus on what you're missing.

118

00:27:05.890 --> 00:27:13.590

Adriana Cloud (she/her): and ask yourself, what will future you be grateful for so oftentimes, when we have to make a decision about

119

00:27:13.830 --> 00:27:39.410

Adriana Cloud (she/her): giving ourselves something now like we focus on the now but future you is still you. So maybe you can ask yourself this like what will future? You'll be really glad that you did will future. You'll be glad that you said No to the second glass of champagne, and the third and the fourth, or will future, you'd be glad that you drank so. Which is it right? And remember again that like this is this, still, you

120

00:27:39.410 --> 00:27:58.109

Adriana Cloud (she/her): you are doing this for yourself. You're not. I mean, it's possible you're doing it for other people, too. But notice how you're not. You're not depriving yourself of anything. You are giving yourself a gift and spell out for yourself what that gift is, because that's going to help you stick to your plan.

121

00:27:59.280 --> 00:28:22.239

## Adriana Cloud Coaching

Adriana Cloud (she/her): And finally, I want to offer this really simple question of what is working. So again, this is not about forced positivity, where you try to tell yourself that everything is perfect, because that's usually not true. But this is about noticing what is actually okay. And this could be something as simple as noticing that you're somewhere where you're physically safe.

122

00:28:22.280 --> 00:28:46.370

Adriana Cloud (she/her): or you gave your mother a gift that she really liked, or there's delicious food in front of you, or you won't have to go to work the next day. So what is the minimum baseline of like what is not actively on fire. So even when something isn't comfortable and maybe things are not ideal, there's still things that are working. So if all else fails, I want you to redirect your mind there.

123

00:28:48.340 --> 00:28:52.339

Adriana Cloud (she/her): and point 3 is to stay curious instead of judging yourself

124

00:28:52.570 --> 00:29:14.350

Adriana Cloud (she/her): so. I love curiosity. I love redirecting my clients towards curiosity, because curiosity is really expansive. It really opens you up. It can generate some amazing things. So this is something you can practice in the moment. If you're somewhere where you're trying to not drink, and you can also do this afterwards, as you evaluate what happened.

125

00:29:14.390 --> 00:29:26.670

Adriana Cloud (she/her): So I invite you to really notice everything that comes up positive, negative, neutral. Just notice what was going on. What is going on in your mind? What are you thinking? What are you feeling?

126

00:29:26.730 --> 00:29:40.840

Adriana Cloud (she/her): What are other people doing? What do you think about what other people are doing? If you were asked, why you're not drinking, how did that feel if you said No to a drink. How did that feel? And what surprised you?

127

00:29:40.920 --> 00:30:03.439

Adriana Cloud (she/her): Maybe it was actually easier to say no than you thought. Maybe it was harder. Maybe you were surprised how much your cousin was drinking and how loud he got. And maybe now you're wondering, did do I get like that when I drink? So just just be really curious and attentive to everything around you, because this is all really useful information to have.

128

00:30:04.220 --> 00:30:10.709

Adriana Cloud (she/her): And in the vein of curiosity I want to ask you to really find something that you're proud of.

129

00:30:10.870 --> 00:30:40.150

## Adriana Cloud Coaching

Adriana Cloud (she/her): regardless of the final result, and whether you're able to actually stick to your plan, I want you to find something that you're really glad you did. And you can absolutely be very proud of showing up here today, because even just having more awareness around drinking is a huge accomplishment, and this is a lot more awareness than most people have, because most people just drink on autopilot. It's the default, and they just drink without even noticing. So whatever happens during the actual holidays

130

00:30:40.380 --> 00:30:51.839

Adriana Cloud (she/her): again, is not a verdict on your abilities to quit, or you're worth as a person or anything like that. So just find something to be proud of and find some lessons that you can take into the future.

131

00:30:52.800 --> 00:30:58.450

Adriana Cloud (she/her): So I'm going to quickly recap. Why these 3 simple steps really work.

132

00:31:01.700 --> 00:31:16.889

Adriana Cloud (she/her): Okay? So first of all, if you plan ahead, you're using your prefrontal cortex, and you're not relying on willpower. So you just have to make one decision, and the fewer decisions you have to make, the happier your brain is, and the easier it is to stick to those decisions.

133

00:31:16.960 --> 00:31:21.870

Adriana Cloud (she/her): and if you plan ahead, you're less likely to be caught off guard. Then

134

00:31:21.880 --> 00:31:46.539

Adriana Cloud (she/her): if you focus on the positive, this works because the mind goes where you send it. So if you focus on what you're missing out, you're going to notice what you're missing out. And if you focus on what is working and what you're enjoying. This is what you will notice, and you're practicing the late gratification. So even though in the moment you might experience some discomfort. You're still giving yourself. You fit yourself an amazing gift.

135

00:31:47.890 --> 00:32:10.810

Adriana Cloud (she/her): And finally, curiosity instead of judgment works, because you will get a lot farther with curiosity. So if you start judging yourself, and think I shouldn't have done that. Oh, there I go again! How could I have done that? That was so stupid! I failed again. This kind of judgment just like shuts the door, and that's it. You're done. You're not progressing anywhere from there. But if you ask yourself.

136

00:32:11.110 --> 00:32:35.730

Adriana Cloud (she/her): I wonder why I did that. I wonder what was actually going on through my mind when I decided to get that drink that is going to give you a lot more useful information that you can learn from. So you'll definitely learn something valuable every time you go with curiosity, and every time you become aware of something. You take some of your power back, and that will be ammunition when you want to make actual changes.



## Adriana Cloud Coaching

137

00:32:36.810 --> 00:32:38.600

Adriana Cloud (she/her): Okay? So

138

00:32:39.540 --> 00:32:41.670

Adriana Cloud (she/her): now you have my

139

00:32:42.830 --> 00:33:10.699

Adriana Cloud (she/her): 3 step formula for a sober holiday season. But I want more more than this for you. I want bigger things. I want you to remember more than just a holiday season, and I want you to have the sober experience year round, and have memorable sober birthdays and sober Valentine's day and sober holiday trips and sober Sunday afternoon with your kids and sober dates with your husband or partner, or wife, or

140

00:33:11.090 --> 00:33:20.229

Adriana Cloud (she/her): anyone. I want you to be sober year round, and this is why I want to invite you to work with me in my 6 month, one on one coaching program.

141

00:33:20.320 --> 00:33:21.670

Adriana Cloud (she/her): which is

142

00:33:21.890 --> 00:33:41.079

Adriana Cloud (she/her): 24 h, 24, 1 1 h weekly sessions, and it's fully customized for whatever you need, and right now is the best time to begin, because I can help you. Then get through the holiday season, and in 6 months by June 2024 drinking can be a thing of the past for you.

143

00:33:41.100 --> 00:33:47.860

Adriana Cloud (she/her): By June 2024, you can be effortlessly sober, and sobriety could just be a way of life for you.

144

00:33:47.870 --> 00:34:03.289

Adriana Cloud (she/her): And again, these sessions are fully customized to wherever you need, and you don't have to do anything between sessions, so you could just show up to our weekly calls, and we'll just work there, and by June 2024, you can have a life that you truly cherish.

145

00:34:03.940 --> 00:34:11.010

Adriana Cloud (she/her): So the first thing I do in the program is, I customize your independence plan. So again, depending on where you are and what you're struggling with.

146

00:34:11.110 --> 00:34:30.649

Adriana Cloud (she/her): we figure out how best to progress. So the reason that the program is 6 months is because I know that overcoming dependence really takes time. So I've touched on a

## Adriana Cloud Coaching

couple of the pieces of the Independence plan today so like the planning ahead and just staying curious reports of that. But there is a lot more like

147

00:34:30.679 --> 00:34:49.419

Adriana Cloud (she/her): I teach you how to interrupt a habit, how to regulate your nervous system without drinking how to build healthier coping mechanisms for difficult emotions, how to manage urges, and, more than that, so over 6 months, when you work with me, I will teach you how to feel in control around alcohol, so that

148

00:34:49.790 --> 00:35:10.040

Adriana Cloud (she/her): you never have to. After stressful day at work you never come home and automatically grab the bottle of wine, but instead, you will have other ways to deal with stress, and you will be able to confidently walk into any situation where there is alcohol, and you won't have to worry about being tempted. So that's what I want for you.

149

00:35:10.550 --> 00:35:13.269

Adriana Cloud (she/her): and not only that.

150

00:35:13.270 --> 00:35:35.720

Adriana Cloud (she/her): but we need to work on improving your overall, health and wellness. So I know very well what it's like. If you're drinking daily, or almost daily. I know the hangovers, the nausea, the headaches, the dizziness, the poor sleep, the anxiety, the binge eating late at night, which is a problem for me. So these are all symptoms of a life of over drinking, and over the next 6 months, when we work together.

151

00:35:35.720 --> 00:35:47.959

Adriana Cloud (she/her): we work to restore your health so that you feel better physically and mentally, and you sleep better. You you eat better. You are not hungover. You don't have the exact in the morning, and

152

00:35:48.200 --> 00:36:02.260

Adriana Cloud (she/her): through the health restoration process you actually will be able to wake up early on weekend mornings and go to your kids soccer game and have fun instead of feeling like death because you had a bottle of chard and aid for dinner the night before.

153

00:36:02.280 --> 00:36:06.289

Adriana Cloud (she/her): and that's what I want for you, not just for the holidays, but for everyday.

154

00:36:11.140 --> 00:36:30.320

Adriana Cloud (she/her): And I also want to talk to you about how to improve your productivity. So if you're anything like me, I know that when I don't feel great I don't show up at my full capacity. So when I used to drink, I would be canceling things, or just procrastinating on tasks that seem too challenging and

155

00:36:30.750 --> 00:36:41.680

Adriana Cloud (she/her): just things took longer because I had a lot of brain fog, and I just couldn't focus very well because I was tongue over and just dehydrated a lot of the time. So I was putting my life on hold.

156

00:36:41.750 --> 00:37:06.120

Adriana Cloud (she/her): And so, if this is you, when you work with me, I will make sure that instead of spending a lot of time drinking or recovering from drinking, that you're actually using your time for more purposeful and more fulfilling activities and doing things that you want to be doing and need to be doing so instead of spending your weekend warnings, feeling groggy and horrible. You can finish that book that you started writing 5 years ago.

157

00:37:06.170 --> 00:37:16.220

Adriana Cloud (she/her): or you can pick up Yoga or take that glass or start a side hustle like whatever you've been postponing, you can now actually do

158

00:37:16.300 --> 00:37:19.580

Adriana Cloud (she/her): through the prioritization protocol. This is what we're going to do.

159

00:37:20.880 --> 00:37:25.500

Adriana Cloud (she/her): And last, but not least, I want you to have better relationships.

160

00:37:25.610 --> 00:37:30.289

Adriana Cloud (she/her): So I know what it's like. When I used to drink I used to

161

00:37:30.380 --> 00:37:50.690

Adriana Cloud (she/her): often say things that are regretted. I would say things that I didn't remember saying. I argued with my family. I just wasn't there for my friends. I took everything. Personally, I bailed on plans, or sometimes I would make a fool of myself in public, and I really was not my best self, and

162

00:37:51.190 --> 00:38:12.100

Adriana Cloud (she/her): I know also that if you're drinking in a way that's problematic, you maybe have had family members or friends confront you about it, and maybe they've asked you to cut down, and maybe you've made promises about cutting down that maybe you weren't able to keep because you didn't have enough willpower, and I don't want that for you. I want you to be

163

00:38:12.100 --> 00:38:32.169

Adriana Cloud (she/her): present. I want you to be a reliable partner and a reliable friend and parent and coworker. And I want you to have genuine relationships that don't feel forced. And I want you to

have real, actual, genuine intimacy with people without needing alcohol to create that, or to quote unquote, loosen up.

164

00:38:32.460 --> 00:39:02.170

Adriana Cloud (she/her): And that's why I have the authentic connection, Creator, because I know that sometimes we drink because we have social anxiety, or because we don't really know how to set proper boundaries. And so we use alcohol to help us do that but again, I don't want that for you. I want you to be able to really enjoy spending time with your friends and family without the cocktails being required for that to happen. So whether it's right now around the holidays, being able to spend time with your family and friends for Christmas.

165

00:39:02.320 --> 00:39:23.380

Adriana Cloud (she/her): or going on a date sober, or being just not being snippy with your partner when you've had a few drinks, or just not responding to text and ignoring your friends, because you've had too many drinks. I want to put a stop to all of that and help. You have real, authentic, genuine relationships that you feel nourished by.

166

00:39:24.550 --> 00:39:40.659

Adriana Cloud (she/her): And the reason that I got my program shame free sobriety is because so many of us have a lot of shame around drinking, and we think that there's something wrong with this, because maybe we've tried to stop. And we haven't been able to stop. And we compare ourselves to people who

167

00:39:40.660 --> 00:39:59.750

Adriana Cloud (she/her): quote unquote drink normally, and we think that we are failing somehow, and I know what it's like to have all of that self loathing when you don't have enough willpower to resist, and you keep drinking more than you want it, or more than you planned again and again.

168

00:39:59.750 --> 00:40:13.080

Adriana Cloud (she/her): and you do things that you're not proud of. You say things you're not proud of. Maybe you've hurt people you love, or maybe you hurt yourself for sure. I know that if you drink in a way that's problematic. You have definitely hurt yourself.

169

00:40:13.440 --> 00:40:29.759

Adriana Cloud (she/her): and I also know what it's like to hide, how much you really drink, and to be ashamed to tell other people that you're struggling and to feel scared that maybe you're dependent on a substance to get through the day I've been there. I know how shitty that is.

170

00:40:29.800 --> 00:40:42.290

Adriana Cloud (she/her): and I want you to be able to forgive yourself for anything that you may have done while you were drinking. and I want you to be able to trust yourself again because we lose trust with ourselves

171

## Adriana Cloud Coaching

00:40:42.500 --> 00:40:44.870

Adriana Cloud (she/her): when we drink like that.

172

00:40:44.980 --> 00:40:57.939

Adriana Cloud (she/her): So this is what you would get in in this program. This is the overarching container for the whole program, getting rid of that shame and rebuilding your relationship with yourself so that you always have your own back.

173

00:41:00.270 --> 00:41:01.670

Adriana Cloud (she/her): So

174

00:41:01.680 --> 00:41:14.849

Adriana Cloud (she/her): this is my program. And if this sounds like something you want, I would love to work with you and help you build all of these things for yourself. So I really invite you to book a consultation call which

175

00:41:14.950 --> 00:41:31.490

Adriana Cloud (she/her): you could do through the QR. Code on the screen, or I'll put the link in the chat in a minute. But I really invite you to do that because there is no downside to booking this consultation. Call. It's completely free. It's 1 h where we just meet and talk about where you currently are with your

176

00:41:32.020 --> 00:41:49.549

Adriana Cloud (she/her): journey to sobriety in your relationship with alcohol. And we talk about what's keeping you stuck, and we can decide whether we're a good fit to work together or not. So I would never sell you something that I didn't think would work for you, and that I didn't think was a good fit for you specifically. So we're going to meet. We're talk

177

00:41:49.550 --> 00:42:13.450

Adriana Cloud (she/her): if you don't think it's a great fit, absolutely fine. I will help you with any other resources or recommendations, if you're looking for other ways to other other things to explore. But either way, even if we don't end up working together, we will have had this 1 h to really explore where you want your relationship with our code to be, and why you're not there yet.

178

00:42:13.850 --> 00:42:28.399

Adriana Cloud (she/her): So again, I'm going to put a link in the chat in a minute. But I would love to help you build a happy and fulfilling life without drinking. So if you're ready to quit for the last time, I want to invite you to join me in shame, free sobriety. This is your program.

179

00:42:28.470 --> 00:42:40.499

Adriana Cloud (she/her): I really believe so hard in this work. I believe so hard in the power of coaching and sobriety has been amazing and beautiful for me, and I absolutely believe that this is possible for anyone.

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180

00:42:42.140 --> 00:42:44.150

Adriana Cloud (she/her): Okay, I'm almost done. I promise

181

00:42:46.040 --> 00:42:47.060

Adriana Cloud (she/her): oops.

182

00:42:48.570 --> 00:42:53.119

Adriana Cloud (she/her): So Q. And A, I'm going to

183

00:42:53.420 --> 00:42:59.420

Adriana Cloud (she/her): open the chat in a second. But first, I wanted to answer 2 questions that I got from someone who

184

00:42:59.430 --> 00:43:21.079

Adriana Cloud (she/her): couldn't be here today, and a question that I get often. So first of all, people often ask me, how is coaching different from therapy? So I just wanted to address that real quick. So I think of coaching as more practical and more future focus than therapy. So in therapy, usually we're dealing with past trauma or just past experiences.

185

00:43:21.080 --> 00:43:47.429

Adriana Cloud (she/her): whereas with coaching we look at the present, and it's a lot more practical. So it helps us to understand what you're currently doing and why and how that's impacting your life. So that if you want your life to look different in the future, we work together to change how you're thinking and what you're doing so, you can create that future. But I do want to stress that coaching is not a substitute for therapy. I'm not medically trained so for anyone who has any kind of

186

00:43:47.430 --> 00:43:57.070

Adriana Cloud (she/her): mental health concern. I would encourage you to explore coaching alongside therapy, not as a replacement, but the 2 can work really well together as complementing modalities.

187

00:43:58.170 --> 00:44:08.509

Adriana Cloud (she/her): And the question I got from someone who couldn't be here today was, What if I'm not ready to stop drinking completely. So I just want to address that real quick. So absolutely, that's totally fine.

188

00:44:08.510 --> 00:44:36.190

Adriana Cloud (she/her): For a while I was in a place where I wasn't really ready to commit to never drinking again, and if you just want help cutting back on drinking, I would absolutely help you with that, and I'll help you to cut down to whatever your goal is. But I would also want to explore why you

## Adriana Cloud Coaching

want to keep alcohol in your life, and whether you really like those reasons. So if you really feel strongly that you want to continue.

189

00:44:36.360 --> 00:44:55.850

Adriana Cloud (she/her): you want to continue drinking, and you like the reasons why you want to continue drinking fine, totally up to you. But if the reasons that you want to continue drinking are coming from a place of fear about what other people will think or not being able to cope with anxiety or any other kind of insecurity.

190

00:44:55.850 --> 00:45:06.970

Adriana Cloud (she/her): then I will work with you to address that fear and anxiety first, so that you can decide from a place of clarity and integrity instead of deciding from a place of fear.

191

00:45:07.100 --> 00:45:10.289

Adriana Cloud (she/her): So okay, now, I'm really done. I'm going to stop.

192

00:45:10.790 --> 00:45:14.670

Adriana Cloud (she/her): Oh, and stop sharing. and

193

00:45:15.860 --> 00:45:18.900

Adriana Cloud (she/her): I'm going to see if anyone has any questions.

194

00:45:19.640 --> 00:45:24.659

Adriana Cloud (she/her): Thank you all for being here with me. I know that was a lot of information

195

00:45:32.790 --> 00:45:36.940

Adriana Cloud (she/her): I'm going to give you a second.

196

00:45:41.710 --> 00:46:05.870

Adriana Cloud (she/her): Someone also asked me what my favorite non alcoholic drinks are, and I think my answer for that is going to have to be Kombucha, because Kombucha doesn't have a lot of sugar, and it's very versatile, and I especially love it for more celebratory occasions, because you can put it in a fancy glass, you can add some sparkling water, and it almost has that kind of

197

00:46:05.970 --> 00:46:16.049

Adriana Cloud (she/her): feel of like bubbly, sparkly beverage that feels more festive than, say, a nonalcoholic beer. So Kombucha is an answer

198

00:46:16.320 --> 00:46:18.480

Adriana Cloud (she/her): that, or drink that I like

## Adriana Cloud Coaching

199

00:46:21.240 --> 00:46:31.250

Adriana Cloud (she/her): so a question in the chat. wondering if you would talk with my therapist if we work together. I

200

00:46:34.090 --> 00:46:40.039

Adriana Cloud (she/her): you know this is a great question. I have not had occasion to do that yet.

201

00:46:40.040 --> 00:47:06.489

Adriana Cloud (she/her): but I don't see why not. If if this would make you feel better if I chatted with your therapist, I would absolutely do that. So again, I think coaching and and therapy can really work very well together, because in therapy you can process what has happened in the past and in coaching we can work with what is going on right now. What are your thoughts right now? And where do you want to take that forward? So if it helps to coordinate

202

00:47:06.730 --> 00:47:21.969

Adriana Cloud (she/her): these kinds of conversations. I would absolutely be happy to talk to your therapist. And again, I'm not saying that coaching should replace therapy for anyone. I've been in therapy for years. I really enjoyed therapy, and I learned well into it. Maybe so. Not the right word. But

203

00:47:22.400 --> 00:47:44.590

Adriana Cloud (she/her): therapy has been very beneficial for me, and I highly recommend it. If if you're finding it useful, it's just that I find it's often not very practical, because, even though I also would not be telling you what to do, same as your therapist is not telling you what to do. I offer a lot more direction in terms of where you want to go.

204

00:47:44.720 --> 00:47:50.770

Adriana Cloud (she/her): But to answer the question, yes, I would talk to the therapist if that would help

205

00:47:54.680 --> 00:47:56.530

Adriana Cloud (she/her): anyone else.

206

00:48:05.080 --> 00:48:29.300

Adriana Cloud (she/her): okay, I have a private question. Someone asking, What if I get sober faster than 6 months? So okay, let me answer that, too. So if you get sober faster than 6 months, that's amazing. Well done. So again. The reason that my program is 6 months is because I know that things come up even when we've had a few weeks of things going smoothly and feeling quite grounded. There could be.

207

00:48:29.460 --> 00:48:54.149



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Adriana Cloud (she/her): There could be a crisis of some sort that says people back, or, you know, there's a lot of firsts when we're now drinking. If we're used to drinking all the time, there could be challenges around the first time you go to a wedding the first time you have your birthday, and you're sober the first time going to a concert the first time traveling so there could be a lot of firsts. And sometimes people just need a bit more support around that.

208

00:48:54.150 --> 00:49:03.389

Adriana Cloud (she/her): And another thing that I'm finding is that even when people feel pretty confident about their decision not to drink. There's still things that come up

209

00:49:03.690 --> 00:49:12.180

Adriana Cloud (she/her): around being sober in the world being a person in the world who experiences challenging emotions. And so

210

00:49:12.360 --> 00:49:28.680

Adriana Cloud (she/her): it has been helpful to have support even after it's no longer a question of will I drink, but more around. How do I manage emotions around a particular circumstance? Or how do I manage stress at work? If I'm not drinking.

211

00:49:28.680 --> 00:49:45.700

Adriana Cloud (she/her): how do I hang out with my friends who are still drinking? And now I'm not drinking. So things change when we stop drinking. If this is a permanent decision that we've made about our lifestyle, and so I like to offer that support to my clients. But all of that said, if

212

00:49:45.740 --> 00:50:06.259

Adriana Cloud (she/her): you feel confident, after 3 months of working with me, that you are complete, and you no longer require support. Fine! I will refund you the rest of the the money for the program, and you are welcome to just go on on your own. I would not keep you paying to work with me. If you don't feel like you need me.

213

00:50:09.140 --> 00:50:37.859

Adriana Cloud (she/her): Okay, it looks like maybe no more questions. I'm just going to say thank you very much again for being here. I really appreciate your time. Oh, so sorry! One more question. Do you recommend any other support? Systems for sobriety. So this will be very individual. I definitely have a lot of resources I can recommend. I can recommend sober communities online. So the way that I practice and teach and help with sobriety is not Aa aligned, or

214

00:50:38.340 --> 00:50:40.780

Adriana Cloud (she/her): it's it's a very different kind of

215

00:50:40.860 --> 00:51:08.790

Adriana Cloud (she/her): it's a very different system. But I know that a works for a lot of people. But I have other places that are not a that I could send people to like sober online communities. I can

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recommend resources, like podcasts and books and blogs and things like that. So I absolutely would send people elsewhere if I felt that they would be better served by someone else, or just in terms of other resources that I couldn't send.

216

00:51:09.940 --> 00:51:30.880

Adriana Cloud (she/her): Do you recommend specific schedule for the 6 months, or is it customizable. So it is once a week. I just like to have them that kind of established structure once a week, so that my clients always know that. Okay, on Tuesday I'm meeting Adriana, and I have that booked in, and I know that I will get that support. But it's not rigid in the sense that

217

00:51:30.880 --> 00:51:53.290

Adriana Cloud (she/her): if something else is going on that week, if you're traveling, if you need to shift it to Friday for 2 weeks because you have a work commitment. I'm absolutely flexible. I just prefer to meet every week, if possible, because I find that it's really good to have that momentum and that structure, because otherwise, if we meet less frequently than that, people just tend to

218

00:51:53.290 --> 00:52:15.780

Adriana Cloud (she/her): lose a bit of momentum like you might forget what we talked about 2 weeks ago, you might, if we meet less frequently, you might be coming with more like a more acute crisis happening as opposed to having those sessions when there is no crisis, and we can actually dig into deeper patterns of behavior versus an acute situation going on.

219

00:52:15.780 --> 00:52:19.999

Adriana Cloud (she/her): So this is why I prefer to do one on one sessions.

220

00:52:21.480 --> 00:52:31.420

Adriana Cloud (she/her): I would love to share the recording with friends. Yes, so I will have the recording probably later tonight. I will send it by tomorrow for sure. And

221

00:52:31.530 --> 00:52:41.449

Adriana Cloud (she/her): again your participation will not be recorded. It will just be me and my screen, and you're welcome to share it with anyone else who you think might find it useful, so

222

00:52:41.460 --> 00:52:59.919

Adriana Cloud (she/her): anyone you could think would benefit. Please go ahead and share it. And if you have any questions for me beyond today. If you think of something tomorrow or next week or 2 months from now, when you want to reach out, please just reach out if you're here. That means you have my email. But oh, I forgot to put the link in the chat

223

00:53:00.120 --> 00:53:11.269

Adriana Cloud (she/her): for how to book a consult. So just again, please book a consult. I would love to see you on a consult and help you, and

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224

00:53:11.290 --> 00:53:13.149

Adriana Cloud (she/her): I can find my screen.

225

00:53:15.790 --> 00:53:17.889

Adriana Cloud (she/her): Sorry I'm having some technical issues.

226

00:53:20.290 --> 00:53:24.259

Adriana Cloud (she/her): But if you think of any questions later on.

227

00:53:24.930 --> 00:53:27.130

Adriana Cloud (she/her): then please

228

00:53:27.190 --> 00:53:30.620

Adriana Cloud (she/her): reach out at any time. I really don't know where I am.

229

00:53:31.060 --> 00:53:33.140

Adriana Cloud (she/her): Gosh! Sorry! Give me 1 s.

230

00:53:36.170 --> 00:53:45.389

Adriana Cloud (she/her): So again, book a consult. There is nothing to lose. There's everything to gain from talking with me. It is absolutely no obligation.

231

00:53:45.590 --> 00:53:50.270

Adriana Cloud (she/her): We are just going to talk about where you are, and if you

232

00:53:51.070 --> 00:54:08.390

Adriana Cloud (she/her): think of any questions at any point, just reach out, slide into my dms, email me wherever you find me. Please come and talk to me. I'm happy to answer any questions. I'm happy to offer recommendations for other programs. I'm happy to offer resources to anyone about anything. So I'm here. Please please comment up to me and

233

00:54:08.390 --> 00:54:22.440

Adriana Cloud (she/her): thank you again for being here. I really appreciate you. I appreciate your patience with so much talking and your wonderful questions, and I hope you have a wonderful rest of the day and the week and happy holidays.

234

00:54:24.290 --> 00:54:26.930

Adriana Cloud (she/her): Thank you all. Bye.