



# THE 21-DAY BIOLOGICAL RESET

*A First Principles Guide to Quitting Alcohol*

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### A First Principles Guide to Quitting Alcohol

#### **IMPORTANT MEDICAL SAFETY NOTICE**

This workbook is for educational use only.  
It is not medical advice, diagnosis, or treatment.

Alcohol withdrawal can be dangerous and, in some cases, life-threatening.

If you are physically dependent on alcohol, you should speak to a medical professional before attempting to stop drinking.

Do not attempt to stop suddenly without medical advice if you:

- Drink heavily every day
- Wake up needing alcohol
- Experience shaking, sweating, nausea, or anxiety when alcohol wears off
- Have previously had withdrawal symptoms
- Have experienced seizures or hallucinations
- Have a history of delirium tremens (DTs)

Seek urgent medical help immediately if you experience:

- Seizures
- Hallucinations
- Severe confusion
- Chest pain
- Difficulty breathing
- Severe shaking
- Collapse
- Suicidal thoughts
- Uncontrollable vomiting

Withdrawal is not weakness.

Alcohol changes how the brain and nervous system function over time.  
Stopping alcohol suddenly can cause the nervous system to become dangerously overactive.

This workbook is designed to explain the biology of alcohol dependence and support behaviour change safely.

## PERSONAL COMMITMENT

Name: \_\_\_\_\_

Date Starting: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Why I Want To Stop Drinking:

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## HOW TO USE THIS WORKBOOK

This is not a motivation book.

This is a nervous system recovery workbook.

You are going to learn:

- What alcohol actually does to the brain
- Why withdrawal happens
- Why cravings happen
- Why sobriety can initially feel emotionally flat
- How the nervous system heals
- How habits form
- How to rebuild dopamine naturally
- How to reduce relapse risk

Each day contains:

- A biology explanation
- Symptom guidance
- Daily actions
- Craving interruption tools
- Reflection prompts
- Progress tracking

The goal is rebuilding function.

## **ABBREVIATIONS & KEY TERMS GUIDE**

**GABA** — A calming brain chemical that slows down nervous system activity.

**GLUTAMATE** — The brain's main excitatory chemical.

**DOPAMINE** — A neurotransmitter involved in reward, motivation, anticipation, and reinforcement.

**VTA** — Part of the brain's reward system that produces dopamine.

**NUCLEUS ACCUMBENS** — A major reward centre in the brain.

**TOLERANCE** — When the brain adapts to repeated alcohol exposure.

**NEUROADAPTATION** — The brain physically changing itself to compensate for repeated alcohol exposure.

**WITHDRAWAL** — The nervous system becoming overactive when alcohol is removed after long-term use.

**DELIRIUM TREMENS (DTs)** — A severe and potentially fatal form of alcohol withdrawal.

**HYPODOPAMINERGIC STATE** — A condition where dopamine activity becomes lower than normal after chronic alcohol exposure.

**CRAVING LOOP** — A learned brain pattern where emotions, places, smells, people, or times become associated with alcohol.

## **WHAT ALCOHOL ACTUALLY IS**

Alcohol is a psychoactive depressant drug that changes how the brain and nervous system communicate.

The active ingredient in alcoholic drinks is ethanol.

Once consumed, ethanol rapidly enters the bloodstream and crosses into the brain.

Alcohol slows down the nervous system by strengthening GABA activity and weakening glutamate activity.

Alcohol also artificially increases dopamine release in the brain's reward system.

Over time, the brain adapts.

This causes tolerance, dependence, withdrawal, and emotional flatness during early sobriety.

### FIRST PRINCIPLES THINKING

First principles thinking means breaking something down into its most basic truths instead of relying on assumptions.

Instead of saying:

“I drink because I’m weak.”

We ask:

- What is alcohol doing biologically?
- What changed in the nervous system?
- What triggers drinking behaviour?
- What patterns keep the cycle going?

This removes shame and replaces it with understanding.

### THE PREP PLAN

#### STEP 1 — REMOVE EASY ACCESS

Remove:

- Alcohol from the house
- Drinking apps
- Hidden bottles
- Trigger reminders

#### STEP 2 — BUILD YOUR RECOVERY KIT

- Water bottles
- Electrolyte drinks
- Healthy snacks
- Journal
- Comfortable clothes
- Sleep environment

#### STEP 3 — IDENTIFY YOUR BIGGEST TRIGGERS

Trigger: \_\_\_\_\_

Why it triggers me: \_\_\_\_\_

Alternative response: \_\_\_\_\_

#### STEP 4 — CREATE A CRAVING INTERRUPT LIST

- Walk outside
- Cold water
- Sparkling water
- Shower
- Exercise
- Tea or coffee
- Journal entry

#### STEP 5 — PLAN YOUR FIRST 72 HOURS

Who can support me?

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What time of day do I usually drink?

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What will I do during that time instead?

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#### STEP 6 — WRITE YOUR REAL REASONS

Why do I actually want to stop drinking?

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## PHASE 1 — THE PHYSICAL RESET (DAYS 1–7)

### DAY 1 — THE FIRST 24 HOURS

#### TODAY'S BIOLOGY

Alcohol has been artificially slowing your nervous system down.

Now that alcohol is gone, the brain becomes overactive because glutamate activity remains elevated while calming GABA activity drops.

This is why early withdrawal can feel intense.

#### WHAT YOU MAY FEEL

- Anxiety
- Sweating
- Shaking
- Nausea
- Irritability
- Racing thoughts

#### TODAY'S ACTION

Hydrate aggressively today.

Eat simple meals even if your appetite is low.

#### CRAVING INTERRUPT TOOL

Delay the craving by 10 minutes.

Drink cold water.

Move rooms.

Interrupt the loop.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

#### JOURNAL PROMPT

Why does my body deserve recovery?

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## SMALL WIN

One thing I did right today:

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## DAY 2 — THE NERVOUS SYSTEM REBOUND

### TODAY'S BIOLOGY

Withdrawal symptoms often intensify between 24 and 72 hours.

The nervous system is trying to regain balance after long-term suppression.

### WHAT YOU MAY FEEL

- Restlessness
- Increased anxiety
- Poor sleep
- Rapid heartbeat
- Sweating

### TODAY'S ACTION

Prioritise hydration and nutrition.

Avoid caffeine overload.

### CRAVING INTERRUPT TOOL

Use “The Pause.”

When the craving hits, pause and ask:

“What is my brain actually asking for?”

### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

### JOURNAL PROMPT

What usually triggers my drinking most?

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### DAY 3 — THE PEAK WINDOW

#### TODAY'S BIOLOGY

This can be one of the hardest days physically.

The brain is still highly stimulated underneath.

#### WHAT YOU MAY FEEL

- Irritability
- Insomnia
- Anxiety
- Emotional swings
- Fatigue

#### TODAY'S ACTION

Keep your environment calm.  
Reduce unnecessary stress.

#### CRAVING INTERRUPT TOOL

Use distraction aggressively today.  
Do not sit inside cravings.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

#### JOURNAL PROMPT

What has alcohol been helping me avoid feeling?

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## DAY 4 — THE FIRST STABILISATION

### TODAY'S BIOLOGY

For many people, physical symptoms begin slowly improving around this point.

The nervous system is beginning early recalibration.

### WHAT YOU MAY FEEL

- Exhaustion
- Brain fog
- Emotional sensitivity
- Cravings

### TODAY'S ACTION

Create a sleep wind-down routine tonight.

### CRAVING INTERRUPT TOOL

Replace the ritual.

If you normally drink at a certain time, replace that routine with a new action.

### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

### JOURNAL PROMPT

What does my evening routine currently revolve around?

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## DAY 5 — REPAIR MODE

### TODAY'S BIOLOGY

Your body is no longer processing constant alcohol exposure.

Repair processes begin improving:

- Hydration
- Digestion
- Liver recovery
- Sleep regulation

#### WHAT YOU MAY FEEL

- Tiredness
- Emotional flatness
- Mild optimism

#### TODAY'S ACTION

Eat a protein-rich meal today.

#### CRAVING INTERRUPT TOOL

Move your body for 10 minutes when cravings appear.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

#### JOURNAL PROMPT

What physical changes have I noticed since stopping?

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### **DAY 6 — CLEARING THE FOG**

#### TODAY'S BIOLOGY

Alcohol toxins are continuing to leave the body.

Some mental clarity may begin returning.

#### WHAT YOU MAY FEEL

- Improved focus
- Mood fluctuations

- Random cravings

#### TODAY'S ACTION

Spend 30 minutes outside today.

#### CRAVING INTERRUPT TOOL

Cravings are temporary chemical signals.  
You do not have to obey them.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

#### JOURNAL PROMPT

What would my future self thank me for today?

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### **DAY 7 — THE FIRST WEEK COMPLETE**

#### TODAY'S BIOLOGY

You have completed the hardest physical week.

Your nervous system is still healing, but the acute shock phase is reducing.

#### WHAT YOU MAY FEEL

- Pride
- Emotional flatness
- Better digestion
- Improved hydration

#### TODAY'S ACTION

Reflect honestly on the first week.  
Do not minimise the achievement.

## CRAVING INTERRUPT TOOL

Build your environment around success.  
Reduce exposure to predictable triggers.

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

## JOURNAL PROMPT

How am I different from Day 1?

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## WEEK 1 REFLECTION

Biggest challenge this week:

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Biggest victory this week:

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## PHASE 2 — THE DOPAMINE VOID (DAYS 8–14)

### DAY 8 — THE GRAY FEELING

#### TODAY'S BIOLOGY

Your brain is now operating without artificial dopamine stimulation from alcohol.

Natural dopamine production and receptor sensitivity are still recovering.

This can create a temporary emotional flatness.

#### WHAT YOU MAY FEEL

- Boredom
- Emotional numbness
- Lack of excitement
- Low motivation
- Cravings for stimulation

#### TODAY'S ACTION

Do one activity today that creates natural reward:

- Exercise
- Music
- Walking
- Cooking
- Gaming
- Conversation
- Sunlight

#### CRAVING INTERRUPT TOOL

Do not chase excitement today.

Focus on stability.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Energy: \_\_\_\_\_

## JOURNAL PROMPT

What activities used to make me feel good before alcohol became heavily involved?

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## SMALL WIN

One healthy decision I made today:

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## DAY 9 — REWARD SYSTEM RECALIBRATION

### TODAY'S BIOLOGY

Your brain is beginning to relearn how to create reward naturally.

This process takes time.

The nervous system is slowly adjusting dopamine sensitivity.

### WHAT YOU MAY FEEL

- Mood swings
- Irritability
- Random cravings
- Mental fatigue

### TODAY'S ACTION

Move your body for at least 20 minutes today.

Exercise naturally increases dopamine and helps regulate stress hormones.

### CRAVING INTERRUPT TOOL

When cravings hit, delay action for six minutes.

Most cravings peak and begin fading during this window.

### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_  
Mood: \_\_\_\_\_  
Cravings: \_\_\_\_\_  
Stress: \_\_\_\_\_

### JOURNAL PROMPT

What situations trigger cravings strongest right now?

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### DAY 10 — UNDERSTANDING TRIGGERS

#### TODAY'S BIOLOGY

The brain learns through repetition.

Alcohol became connected to:

- Places
- Stress
- Evenings
- Social situations
- Certain emotions

Your brain still expects alcohol in these moments.

#### WHAT YOU MAY FEEL

- Strong evening cravings
- Frustration
- Mental negotiation
- "Just one drink" thoughts

#### TODAY'S ACTION

Identify your top three triggers.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## CRAVING INTERRUPT TOOL

Interrupt the environment.

If a room, app, route, or social setting triggers cravings, change the environment immediately.

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Anxiety: \_\_\_\_\_

## JOURNAL PROMPT

What emotions do I try to escape most through alcohol?

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## DAY 11 — THE STRESS RESPONSE

### TODAY'S BIOLOGY

Alcohol often becomes linked to stress relief.

But alcohol does not remove stress.  
It suppresses nervous system activity temporarily.

The underlying stress remains.

### WHAT YOU MAY FEEL

- Tension
- Restlessness
- Mental exhaustion
- Emotional sensitivity

### TODAY'S ACTION

Create a non-alcohol stress release today:

- Walking

- Breathing exercises
- Stretching
- Music
- Cold shower
- Talking openly

#### CRAVING INTERRUPT TOOL

Ask:

“Will alcohol solve this problem tomorrow?”

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Stress: \_\_\_\_\_

#### JOURNAL PROMPT

How do I usually react when life feels overwhelming?

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### **DAY 12 — REBUILDING ROUTINE**

#### TODAY'S BIOLOGY

The brain likes predictability.

Alcohol often becomes deeply connected to routines and rituals.

Removing alcohol leaves behavioural gaps.

#### WHAT YOU MAY FEEL

- Restlessness
- Emptiness during usual drinking times
- Boredom
- Strong habit cravings

#### TODAY'S ACTION

Build one new evening habit tonight.

Examples:

- Reading
- Tea
- Walking
- Gaming
- Gym
- Journaling
- Film night

My replacement routine:

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#### CRAVING INTERRUPT TOOL

Replace the ritual before the craving fully builds.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Routine Stability: \_\_\_\_\_

#### JOURNAL PROMPT

What time of day feels hardest without alcohol? Why?

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### **DAY 13 — MOOD AND RECOVERY**

#### TODAY'S BIOLOGY

Alcohol suppresses nervous system function.

As the brain recovers, emotions can temporarily feel stronger and less predictable.

This is part of recalibration.

## WHAT YOU MAY FEEL

- Irritability
- Anxiety
- Sadness
- Emotional release
- Random emotional swings

## TODAY'S ACTION

Do not isolate yourself completely today.

Human connection helps regulate stress chemistry.

## CRAVING INTERRUPT TOOL

Cravings often hide underneath emotions.

Ask yourself:

“What am I actually feeling right now?”

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Connection: \_\_\_\_\_

## JOURNAL PROMPT

What emotions have I been avoiding for years?

\_\_\_\_\_

\_\_\_\_\_

## **DAY 14 — TWO WEEKS SOBER**

### TODAY'S BIOLOGY

Your body and brain are continuing to stabilise.

Dopamine function is still recovering, but many people begin noticing:

- Better sleep
- Improved digestion
- Clearer thinking
- Better hydration
- Improved emotional awareness

#### WHAT YOU MAY FEEL

- Pride
- Doubt
- Cravings triggered by confidence
- Emotional exhaustion

#### TODAY'S ACTION

Reflect honestly on the last 14 days.

Do not dismiss the progress.

#### CRAVING INTERRUPT TOOL

Confidence can trigger relapse thoughts.

Stay structured.

Stay aware.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Energy: \_\_\_\_\_

#### JOURNAL PROMPT

What has improved most since I stopped drinking?

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#### WEEK 2 REFLECTION

Biggest trigger this week:

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Most useful coping strategy:

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What I am proud of:

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## PHASE 3 — REBUILDING FUNCTION (DAYS 15–21)

### DAY 15 — PRETTY PACKAGED POISON

#### TODAY'S BIOLOGY

Alcohol is socially normalised in many cultures.

But biologically, alcohol is still a psychoactive depressant drug that alters brain chemistry, dopamine signalling, decision-making, sleep, and nervous system regulation.

Marketing, social acceptance, and routine can disguise the biological damage alcohol causes over time.

This is why alcohol can become “pretty packaged poison.”

#### WHAT YOU MAY FEEL

- Frustration seeing alcohol everywhere
- Social pressure
- Thoughts that you are “missing out”
- Mental bargaining

#### TODAY'S ACTION

Notice how often alcohol is advertised or normalised today.

Write down where you saw it.

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#### CRAVING INTERRUPT TOOL

Normal does not mean harmless.

Remind yourself what alcohol was actually doing to your nervous system.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Energy: \_\_\_\_\_

## JOURNAL PROMPT

What lies have I believed about alcohol over the years?

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### DAY 16 — THE ADDICTIVE VOICE

#### TODAY'S BIOLOGY

Addiction often creates an internal “addictive voice.”

This voice tries to justify drinking using thoughts like:

- “One won’t hurt.”
- “I deserve it.”
- “I’ve done well this week.”
- “I’ll stop again tomorrow.”
- “Other people drink.”

These thoughts are often dopamine prediction loops attempting to restart the reward cycle.

#### WHAT YOU MAY FEEL

- Mental negotiation
- Rationalising
- Increased cravings
- Sudden confidence

#### TODAY'S ACTION

Write down three common addictive thoughts you experience.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now challenge them logically.

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## CRAVING INTERRUPT TOOL

Separate yourself from the thought.

A thought is not an instruction.

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Mental Clarity: \_\_\_\_\_

## JOURNAL PROMPT

What does my addictive voice usually sound like?

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## DAY 17 — REBUILDING DOPAMINE NATURALLY

### TODAY'S BIOLOGY

The brain is still recalibrating dopamine systems.

Natural reward pathways strengthen through repetition.

Exercise, sunlight, connection, achievement, nutrition, and sleep all support dopamine recovery.

### WHAT YOU MAY FEEL

- More emotional awareness
- Improved energy
- Occasional cravings
- Better focus

### TODAY'S ACTION

Choose one natural dopamine activity today:

- Exercise
- Walking
- Music
- Learning
- Cooking
- Social connection
- Sunlight
- Creative activity

### CRAVING INTERRUPT TOOL

Do not wait to “feel motivated.”

Action often comes before motivation during recovery.

### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Focus: \_\_\_\_\_

### JOURNAL PROMPT

What healthy activities genuinely improve my mood?

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## DAY 18 — SOCIAL SURVIVAL

### TODAY'S BIOLOGY

The brain strongly associates alcohol with social reward and belonging.

This is why social situations can feel uncomfortable during early sobriety.

### WHAT YOU MAY FEEL

- Social anxiety
- Fear of judgement
- Feeling different
- Pressure to drink

## TODAY'S ACTION

Prepare a social response in advance.

Examples:

- “I’m taking a break.”
- “I’m driving.”
- “I feel better without it.”

My response:

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## CRAVING INTERRUPT TOOL

Always have a non-alcohol drink in your hand during social events.

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Confidence: \_\_\_\_\_

## JOURNAL PROMPT

What social situations worry me most right now?

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## DAY 19 — STRESS WITHOUT ALCOHOL

### TODAY'S BIOLOGY

Alcohol trains the brain to avoid discomfort instead of processing it.

Recovery means rebuilding stress tolerance naturally.

### WHAT YOU MAY FEEL

- Emotional intensity
- Irritability

- Frustration
- Mental exhaustion

### TODAY'S ACTION

When stress appears today, pause before reacting.

Slow the nervous system first.

Try:

- Deep breathing
- Walking
- Stretching
- Talking
- Cold water
- Quiet time

### CRAVING INTERRUPT TOOL

Alcohol delays stress.  
It does not solve it.

### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Stress: \_\_\_\_\_

### JOURNAL PROMPT

How do I want to handle stress differently moving forward?

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### DAY 20 — RELAPSE RISK

#### TODAY'S BIOLOGY

Relapse often begins mentally before it happens physically.

The brain starts reopening old reward pathways through thoughts, environments,

routines, and emotional triggers.

#### WHAT YOU MAY FEEL

- Overconfidence
- Romanticising drinking
- “I can control it now” thoughts
- Trigger cravings

#### TODAY’S ACTION

Create a relapse prevention plan.

People I can contact:

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My danger situations:

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My emergency actions:

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#### CRAVING INTERRUPT TOOL

Play the full tape forward.

Do not imagine only the first drink.  
Imagine the full consequences.

#### BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Self-Awareness: \_\_\_\_\_

#### JOURNAL PROMPT

What usually happens after “just one drink”?

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## DAY 21 — THE FIRST MAJOR MILESTONE

### TODAY'S BIOLOGY

You have completed the hardest early phase of nervous system recovery.

Your brain is still healing, but significant biological changes have already begun:

- Improved hydration
- Better sleep regulation
- Reduced nervous system suppression
- Early dopamine recovery
- Better emotional awareness

Full dopamine recalibration can take around 90 days or longer depending on previous alcohol use.

But you have survived the hardest beginning.

### WHAT YOU MAY FEEL

- Pride
- Relief
- Emotional reflection
- Fear about the future
- Hope

### TODAY'S ACTION

Calculate:

Money saved:

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Days sober:

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Biggest improvement:

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### CRAVING INTERRUPT TOOL

Recovery is not built in one perfect moment.

It is built through repeated decisions.

## BODY CHECK

Sleep: \_\_\_\_\_

Hydration: \_\_\_\_\_

Mood: \_\_\_\_\_

Cravings: \_\_\_\_\_

Confidence: \_\_\_\_\_

## JOURNAL PROMPT

What can I do now that alcohol was taking away from me?

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## FINAL REFLECTION

What have I learned about myself?

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What do I want my future to look like?

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What kind of life am I rebuilding?

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## FINAL COMMITMENT

I understand that recovery is a long-term nervous system healing process.

I will continue building stability one day at a time.

Signed:

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Date:

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## HELPFUL RESOURCES

### SUPPORT GROUPS

Alcoholics Anonymous (AA)

<https://www.aa.org>

SMART Recovery

<https://www.smartrecovery.org.uk>

### DIGITAL TOOLS

Try Dry App by Alcohol Change UK

<https://alcoholchange.org.uk>

### INFORMATION & SUPPORT

NHS Alcohol Support

<https://www.nhs.uk/live-well/alcohol-support/>

Alcohol Change UK

<https://alcoholchange.org.uk>

SAMHSA

<https://www.samhsa.gov>

### EMERGENCY HELP

If you experience severe withdrawal symptoms including seizures, hallucinations, severe shaking, confusion, chest pain, or difficulty breathing, seek urgent medical help immediately.

## FINAL NOTE

Your brain adapted to repeated alcohol exposure.

Recovery is the process of allowing the nervous system to rebalance itself.

There will be difficult days.

There will be emotionally flat days.

There will be cravings.

That does not mean recovery is failing.

It means healing is happening.

You are not removing pleasure from your life.

You are rebuilding the ability to experience it naturally again.

Educational use only.

Not medical advice.

Seek professional help if you are struggling or at risk.