

## **Alcohol FAQ Link – download document by [@adammayhew](#)**

### **Q: Why did you stop?**

A: It was negatively impacting areas of my life. I was curious to find out how going alcohol-free improves your health, wealth, love and happiness and it really does. In 2018 I was living in Dubai and I was surrounded by high performers and endurance athletes. They all had one thing in common...they didn't drink. So, I decided to take a 30 day break. It's been almost 6 years and I am still on that break.

### **Q: Was it hard to stop?**

A: I only really drank alcohol when socialising. It was hard at times when out with friends as I felt pressure to drink, however this pressure was mostly internal.

### **Q: How do you stop?**

A: Get rid of all the alcohol in your house and replace with 0% alternatives. Write down your reason why for stopping and get very specific. Take a 30-day break and focus on something else to occupy your mind.

### **Q: How do you socialize without it?**

A: Use effective communication with your friends and tell them why you're stopping. Don't just say "I'm not drinking tonight". Explain to them why you are stopping. Most people are supportive and your story may also inspire them to think about stopping.

### **Q: Best way to cope when cravings kick in?**

A: Remember your reason why that you wrote down on day one. Habit hack and drink 0% alternatives. Are they the same? No. Are they better than causing you endless problems? Absolutely!

### **Q: Are there any downsides to going alcohol-free?**

A: Of course. You become more aware of your emotions and you have more time to process them. It can be painful but will serve you in the long run.

### **Q: What are the benefits?**

A: Improved sleep, improved health markers (Cholesterol, weight, blood glucose), improved mental clarity, improved mental cognition, improved focus and energy levels just to name a few. The benefits are endless.

### **Q: When did it click for you to change?**

A: When the pain outran the pleasure. I got fed up of feeling low, lacking energy and lacking mental clarity.

### **Q: Will you lose friends?**

A: No. You will lose loads of acquaintances where your relationship was built around drinking.

Q: How do you handle it when your friends and family don't understand your sobriety?

A: Create compassion for them, unfortunately alcohol plays a huge part of our lives in the western world. They will be fearful of losing you or not spending time with you anymore. It will also show their insecurities.

### **Q: What would you say to anyone that is thinking of stopping?**

A: Do it, it's the best thing you'll ever do! It does not matter if you are drinking a few drinks a week or binge drink at the weekends; going alcohol-free is the single most transformational change you will ever make in your life. If you want to be an even better leader, an even better parent or an even better athlete then remove the alcohol. If you want to be optimal in all areas of your life then remove the alcohol. You may already be wildly successful in your life, however, you will be even more successful when you stop drinking. That's a fact!

### **Q: Will you go back to drinking?**

A: Probably not. I have no desire to drink alcohol. It provides no benefit and I have mastered how to live alcohol-free. It's my superpower and it's a great place to be.