

NO SHAME ASSESEMENT

Examine your thoughts for your wine, beer or cocktail
Examine your beliefs around your wine, beer or cocktail

I BELIEVE

Our beliefs are our stories. The long and the short of what we have thoguth, told ourselves or been told. All the data we store, imprinted inot our brains, lingering in heart and in the tissues of our body.

I THINK

Thoughts are the words we hear in our heads in our own voice. Have you ever had a thought that popped up that not only surprised your but you were not even sure it was true?

Our thoughts can be building blocks to the "in the now" emotions that sometimes hurt us. Without challenging them we allow them power and the ability to linger in our foundation- our subconscious.

Over time, they can become negative beliefs. When our stories get negative, they build up negative energy in our body. These layers of negativity begin to eat away at our joy. We don't like our behaviors or who we have become. Then we get stuck.

Consider the following for the following questions.

- Short-term health
 - Long-term health
 - Emotions
 - Sleep/Energy
 - Rest/Relaxation
 - Being Social
 - Friendships
 - Marriage
 - Parenting
 - Nourishment
 - Mindfulness
 - Exercise/Movement
 - Spirituality
 - Hobbies
 - Future self/dreams
 - Safety
 - Job/Career
 - Money/Finances
- *Set a side at least one hour to complete this assessment and it can be in more than one sitting. Take your time. This is important stuff about you.*
 - *Complete every questions to the best of your ability. Don't leave anything blank.*
 - *Answer based on your current drinking*
 - *There is no right or wrong or good or bad here and most certainly BE HONEST! This data and good data has to be truthful data.*
 - *Let 24 pass and then review your answers to see if you got it all down. Don't change/delete etc.*

How does your current drinking help or benefit you?

What are the downsides to your drinking?

What is the single biggest benefit of your drinking and why?

What is the single biggest cost of your current drinking and why?

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million, and the number of people in the public sector who are employed in health care has increased from 1.5 million to 2.5 million (Department of Health 2000).

There are a number of reasons for this increase. One of the main reasons is the increasing demand for health care services. The population of the UK is ageing, and there is a growing number of people with chronic conditions such as heart disease, diabetes, and asthma. This has led to an increase in the number of people who are admitted to hospital and the length of their stays. In addition, there has been a growing emphasis on preventive care, which has led to an increase in the number of people who are seen by their general practitioners and other health care professionals.

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