

# SHIFT FRAMEWORK FOR NA DRINKS

Choosing a non-alcoholic beverage isn't just about replacing alcohol—it's an intentional act of self-awareness. Take time to reflect on your intentions and feelings before deciding, and if confusion or worry arises, consider abstaining instead. Remember, no drink—alcoholic or not—can resolve internal challenges. By addressing your emotions directly and following these five simple steps, you can make choices that truly support your growth and well-being.

## **Set Intention**

Begin by consciously setting your intention before picking a non-alcoholic beverage. Clarify why you're opting for it—hydration, relishing flavors, or perhaps just socializing? This clarity ensures you're not substituting it for alcohol but rather choosing it with purpose.

## **Honor Emotions**

Pause and acknowledge your emotions without any judgment. Take a moment to understand how you're feeling and how it might sway your choice. Feeling stressed, anxious, or maybe a tad bored? Recognizing your emotional state prevents using the drink as a coping mechanism.

## **Identify Triggers**

Stay vigilant about any triggers or cues that could nudge you towards an unhealthy choice. Recognize these triggers so you can navigate them adeptly.

## **Focus**

Dive into the experience! Concentrate on the taste, texture, and sensations of the beverage. This mindful approach fosters a healthier relationship with non-alcoholic drinks, detached from past associations with alcohol.

## **Think**

Post-drink, take a moment to reflect on your decision. Did it align with your intentions? How did it make you feel? Use this reflection as a tool for growth. Did it fulfill your initial intention? Did you notice any triggers or discomforts? Leverage this feedback to refine your approach in future instances.



[www.austinjkarr.com](http://www.austinjkarr.com)