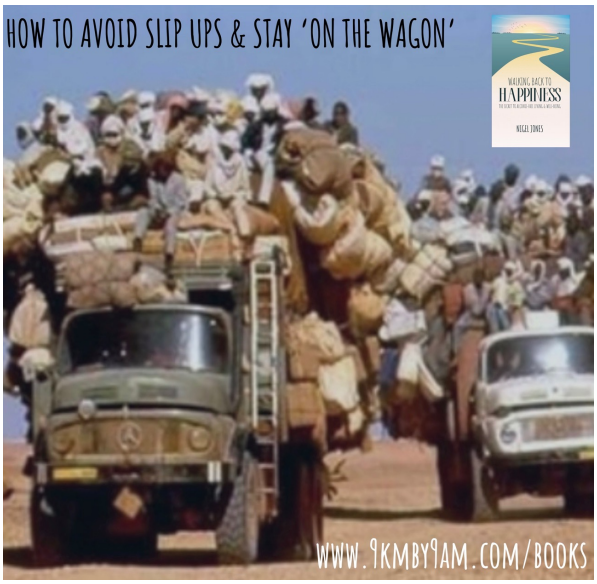
NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH

SLIP UPS

COACHING
CHALLENGE YOURSELF

HOW TO AVOID SLIP UPS & STAY 'ON THE WAGON'



At first glance, it seems there are several ways you could leave the wagon. You could jump off, fall off, get pulled off or be pushed off!

If you decided to jump, it's your choice. Yes, you might well be influenced by others, but it would be you who would take this final decision.

If you fell off, it would be your choice again because you can only fall off if you're too close to the edge, or too close to wanting to drink.

If you were pulled off the wagon, it would be because you would have given in to others who are off the wagon; who beckoned you to come and join them. Or you would have allowed societal pressure, which continually tells you that being off the wagon is a good thing, to get to you.

If you got pushed off, you would have been influenced by someone on the wagon with you.

THE REALITY IS THERE IS ONLY ONE WAY THAT YOU LEAVE THE WAGON AND THAT IS THROUGH YOUR OWN CHOICE. YOU ARE THE MASTER OF YOUR OWN DESTINY.

STEP 1 - IDENTIFY THE EVENTS THAT MIGHT CAUSE SLIP UPS

Which events have the potential to cause you to slip up?

Of all the ways you provided which are the top ones that you feel are most likely to happen?"

STEP 2 - WHAT ARE THE OPTIONS TO AVOID THE SLIP UP

What options do you have to prevent slip up?

Work through the top few ways you to avoid a slip up?

Have you slipped up before? How can you avoid this happening again?

Let's say you are close to a slip up, in what ways can you react that will empower you?

With these new learnings, what can you do to prepare so that next time you face a similar challenge you will stay true to your goal?