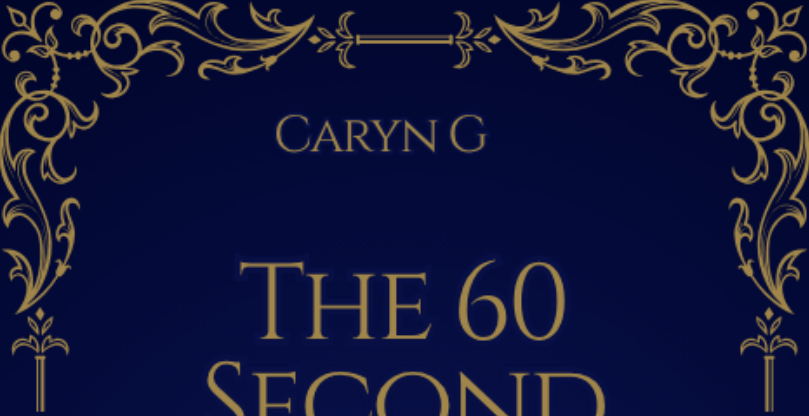




CARYN G

THE 60 SECOND PIVOT



Cheat Sheet

THE 60-SECOND PIVOT

Print this out. When the "sod it" moment hits, run through these four filters before you touch a glass.

1. THE RAW REALITY CHECK

The Question: Strip away the excuses — what is the exact, unvarnished truth of this moment?

The Filter: Am I actually in physical danger, or just bored, edgy, and looking for a spectacular way to fail? Write the objective truth: _____

2. THE MOVIE VS. THE REALITY

The Question: What lie is my brain telling me right now?

The Filter: Am I chasing the "buzz" illusion of the first two mouthfuls, or ready for the sledgehammer headache, bloated gut, and self-loathing waiting for me tomorrow? The lie I'm being told: _____ The punishing truth: _____

3. KILLING THE VICTIM

The Question: How am I actively participating in my own destruction right now?

The Filter: I am not a victim of circumstance, traffic, or a bad day. If I pour this drink, which part of my vibrant, healthy self am I choosing to kill? The part of me I am killing: ____

4. THE HERO'S CHOICE

The Question: What does the version of me who actually likes the person in the mirror do right now?

The Filter: The drinker surrenders to the dark shadow. The Hero handles the boredom, survives the discomfort, and chooses the unfamiliar path. My immediate heroic action is: _____

Live Strong, Love And Be Sober - CarynG

Website: <https://joinsober.com/>

MEDICAL DISCLAIMER: I write from lived experience, not as a doctor. Alcohol withdrawal can be dangerous; consult medical professionals for advice. © 2026 joinsober.com

CARYN G

THE RADICAL SOBRIETY BLUEPRINT



A 4-Step 60 second Pivot
To Sobriety

THE RADICAL SOBRIETY BLUEPRINT YOUR 4-STEP EMERGENCY PIVOT



The Wake-Up Call: Radical Truth

You're sitting there again, aren't you? Bored, restless, or feeling that "bloody-minded" urge to burn it all down just to see the sparks. All because you want another drink. You are trapped in a failure loop, exhausted by the crushing fatigue of living a double life. You've been feeding your soul poison and wondering why you're tired all the time.

This isn't a "lifestyle hack" or a tip for "moderation"—that's a lie you tell yourself to avoid the work. This is a brutal identity transition. You are here to clear out the dark parts of your house and stop being a spectacular failure at the one thing that matters: being you.

⚠ **WARNING:** This worksheet requires radical honesty. If you are going to lie to yourself or play the victim, stop reading. You cannot fix a life you are unwilling to look at with bloody-minded clarity.

Step 1: Acknowledge the Situation

The Raw Reality

Stop the denial. You don't have a "condition" right now; you have a choice. You're standing at the edge of another cliff, and you're looking for an excuse to fall off.

Face these truths:

- Are you feeling edgy and craving that 'quick drink' to numb the noise?
- Are you in a 'bloody-minded sod it ' moment, ready to give up just to spite everyone who expects better?
- Are you currently beating yourself up, going through the wreckage of your last broken promise or failed attempt?

The Truth of My Current Moment Is...

[Write your raw reality here. No jargon. No excuses. Just the truth of your current moment.]



Step 2: What Am I Expecting?

The Movie vs. Reality

Your brain is a liar. It plays the 'holiday movie' reel—clinking glasses and festive cheer—while the harsh reality waits in the wings. Compare the seductive lie to the ground truth.

The Mental Projection (The Seductive Lie)	The Physical Reality (The Punishing Truth)
The first two sips feel like bliss	Waking up feeling like you've been hit by a truck
The 'best friend' (alcohol) arriving to save you from your boredom	Looking in the mirror at a pathetic, tired stranger you've come to resent
Laughter, merriment, and feeling 'part of the crowd'	Nursing a hangover, a bad gut and exhaustion, sifting through the wreckage of a life you're wasting
The warmth of a quick drink or the 'hair of the dog'	Uncomfortable bloating and physical discomfort
The 'joyous chatter' of the drinking fantasy	Feeling like it takes massive effort just to exist another day

Identity Check: Which illusion are you currently chasing to avoid the reality that alcohol is damaging your health and your spirit?



Step 3: How Am I Responsible?

Taking Ownership

You aren't a victim in this moment; you are a participant in your own choices. If you are being 'defiant,' you are choosing to harm your body and neglect your health.

The Shadow of Grief:

Admit it: Is alcohol the only thing you've actually allowed yourself to rely on? That is a difficult truth to swallow, but you must face it. You feel like you're losing your 'best friend,' but you're actually grieving a chemical that harms you. You don't respect yourself yet, because if you did, you wouldn't feed yourself poison.

The Radical Sobriety Prompt:

By choosing to drink right now, which specific part of your "vibrant and healthy" self are you actively choosing to kill?



Step 4: The Identity Shift

The Hero's Journey

Sobriety is not about 'not drinking.' It is a Hero's Journey. Without the struggle through dark times, there is no transformation. This discomfort is the price of admission for the privilege of finally liking the person in the mirror.

Answer these as the Hero, not the Victim:

1. How can I use this uncomfortable feeling to step into my vibrant, healthy identity instead of falling back into the same pattern?
2. What does the 'Hero' version of me do in this exact moment of boredom or frustration? (Hint: The hero doesn't need a drink to survive a Saturday night.)
3. How does choosing the unfamiliar path right now clear out the darkness and prove I am no longer failing at being myself?

My Heroic Action (Check one):

I will face the 'shadow of grief' and acknowledge that my 'best friend' alcohol is actually killing some part of me - emotionally, physically or spiritually.

I will choose the unfamiliar path, even though it's scary and uncomfortable, because transformation requires me to face the shadow.

I will reject the 'hair of the dog' or the 'sod it, I'm drinking' glass of wine and embrace the boredom as the birth of a new adventure

The Hero's Commitment

Sobriety is the ultimate adventure. It is the only path that leads you to finally reclaim your life from the wreckage of the past.

You have struggled with quitting before because you weren't ready to change who you are.

Today, the 'drinker' identity fades, and the Hero wakes up.

This is the moment you stop negotiating with the old story and begin living the one that actually sets you free.

Every clear morning is proof that your future is bigger than your past.

Every honest choice strengthens the life you are building.

You are not losing anything worth keeping.

You are becoming who you were always meant to be.

The privilege of a lifetime is being who you are.

— Joseph Campbell

Join the Sober Revolution. Reject the failure loop. Stop feeding your soul poison. Step into the light.

MEDICAL DISCLAIMER:

This guide is written from lived experience, not as medical advice. Alcohol withdrawal can be dangerous; consult medical professionals for clinical guidance.

Website: <https://joinsober.com/>

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The Radical Sobriety Blueprint: From the Blackhole to the Hero's Journey

THE BLACKHOLE OF RELAPSE

THE MOVIE VS. THE REALITY



THE SEDUCTIVE LIE

Christmas movie illusion

Two mouthfuls
of "nectar"

Laughter and
merriment

The "best friend"
saves you



THE PUNISHING TRUTH

sledgehammer physical hangover

Waking up feeling hit
by a sledgehammer

Nursing a bed gut
and hissy eyes

Looking at a weak
stranger in the mirror

THE SHADOW OF GRIEF

Acknowledging the loss of
alcohol—the "best friend"
and only genuine attachment
you've allowed.



THE "SOD IT" MOMENT

The "bloody-minded" urge to
burn everything down, leading
back into the failure loop.



KILLING THE VICTIM

Rejecting the "disease" excuse
to take radical responsibility for
your own destruction.

*"The privilege
of a lifetime
is being who
you are."*



RECLAIMING YOUR LIFE

Reclaiming your life from
the past and finally liking
the person in the mirror.

THE HERO'S MOVE



THE UNFAMILIAR PATH

Embracing the scary, edgy
discomfort of boredom as the
birth of a new adventure.