

The ultimate guide for quitting alcohol drinking

- 1 Let people close to you know your intentions
- 2 Let people you usually drink with know your intentions
- 3 Avoid temptations
- 4 Avoid to find yourself bored
- 5 Be prepared to share your reasons
- 6 Give up gradually
- 7 Set goals and try to achieve them
- 8 Reward yourself
- 9 Don't blame yourself if you fail
- 10 Learn how to detox
- 11 Avoid people that may have a bad influence on you
- 12 Keep a journal of your sober activity