



Kick The Habit

YOUR FIRST STEPS TO GETTING SOBER

A FREE GUIDE BY KICK THE HABIT COACHING

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A Practical Guide by Kick The Habit Coaching

kickthehabitcoaching.com

A NOTE FROM YOUR COACH

If you're reading this, you've already taken one of the hardest steps — admitting that something needs to change.

I know what it feels like to be where you are right now. I spent years telling myself "it's not that bad," watching my drinking gradually get worse, and trying to quit more times than I can count. I've been through the relapses, the shame, the "I'll do better tomorrow," and the feeling that maybe I just wasn't strong enough to do this. For years I thought that this is just how I was, and that I could never change.

I'm here to tell you that sobriety is possible. Not because I read about it in a book or heard about it online — but because I got there, and I still live it every day.

This guide is not a magic solution. It's a practical, honest starting point. These are the steps that matter most when you're in the early stages of getting sober. Read through them and put them into action — one step at a time.

You don't have to do this alone.

— Hasani

Kick The Habit Coaching



HOW TO USE THIS GUIDE

Work through each step at your own pace. Some steps you'll be able to take right away. Others will take more time. That's okay. Getting sober is not a race — it's a process. The goal is progress, not perfection.

STEP 1: BE HONEST WITH YOURSELF

The first and most important step is acknowledging that you have a problem with alcohol or substances — not minimizing it, not explaining it away, not comparing yourself to someone who "has it worse."

Ask yourself honestly:

- Do I drink or use more than I intend to?
- Have I tried to cut back and failed?
- Is my drinking or using affecting my health, relationships, finances, or work?
- Do I need it to feel normal or to relax?

If you answered yes to any of these, that's your starting point. You don't need to label yourself or have a dramatic rock bottom moment. Recognizing that a problem exists is enough to begin.

STEP 2: CONSULT A DOCTOR BEFORE YOU QUIT

This step is very important, especially if you are a heavy or long-term drinker.

Alcohol withdrawal can be medically dangerous. For heavy drinkers, stopping cold turkey without medical supervision can lead to serious complications including seizures and a condition called delirium tremens (DTs) — a severe form of withdrawal that can cause confusion, hallucinations, and in extreme cases, death. These are not exaggerations — they are real medical risks.

I recommend speaking to a doctor or healthcare provider before you quit — but this is especially critical for heavy or long-term drinkers. They can assess your situation and recommend the safest way for you to withdraw. In some cases, medication may be prescribed to help manage withdrawal symptoms safely.

This is not a sign of weakness. It is a sign that you are taking your health seriously.

If you are not a heavy drinker, medical supervision may not be required — but it is always worth a conversation with a healthcare professional.

STEP 3: TELL SOMEONE YOU TRUST

Trying to get sober in secret is one of the hardest ways to do it. You don't need to broadcast it to the world — but telling at least one person you trust makes a significant difference.

This could be a close friend, a family member, or anyone in your life who you feel safe being honest with. Letting someone know what you're going through:

- Creates accountability
- Gives you someone to call when things get hard
- Removes some of the shame and isolation that makes addiction worse

When things get hard, don't white-knuckle it alone — pick up the phone and call them.

STEP 4: TELL THE PEOPLE IN YOUR LIVING SPACE

If you live with other people — a partner, roommates, family members — let them know you are getting sober. This is important for two reasons.

First, you need their support. If the people around you don't know that you're getting sober, they can't support you — and they might unknowingly make it harder (offering you a drink, keeping alcohol in the house, etc.).

Second, you may experience withdrawal symptoms during early recovery — irritability, difficulty sleeping, mood changes, anxiety. The people you live with deserve to understand what's happening so they're not caught off guard.

You don't need to share every detail. A simple explanation is enough. Most people will respect your decision and want to help.

STEP 5: REMOVE ALCOHOL AND SUBSTANCES FROM YOUR ENVIRONMENT

This one is straightforward: get rid of it.

Pour it out. Throw it away. Give it to someone else. Whatever it takes — get alcohol (or your substance of choice) out of your home and out of easy reach.

Willpower alone is not a reliable strategy, especially in the early days when cravings are strongest. The less accessible the substance is, the easier it is to resist. You want to create as much distance as possible between yourself and the temptation.

This also applies to your environment beyond the home. If there are certain places — bars, liquor stores, certain social settings — that are high-risk for you, avoid them in the early stages of your sobriety.

STEP 6: IDENTIFY YOUR TRIGGERS

A trigger is any person, place, emotion, or situation that creates a strong urge to drink or use. Understanding your triggers is one of the most powerful tools in staying sober.

Common triggers include:

- Stress or anxiety
- Boredom
- Loneliness or isolation
- Certain social situations or events
- Conflict with others
- Specific places (bars, clubs, certain neighbourhoods)
- Certain people from your drinking or using days
- Negative emotions like sadness, frustration, or shame
- Even positive emotions like celebration or excitement

Take some time to think about when and why you drink or use. What are the patterns? What tends to set it off? Writing these down can be helpful.

Once you know your triggers, you can start building strategies to deal with them without turning to alcohol or substances.

STEP 7: BUILD A SUPPORT SYSTEM

Getting sober alone is possible — but it is significantly harder. Humans are social creatures, and recovery is no different.

Your support system can include:

- Friends and family who are supportive of your sobriety
- A sponsor or mentor who has been through recovery themselves
- A therapist or counsellor
- A support group (AA, NA, SMART Recovery, or similar)
- A recovery coach

You don't need all of these. Even one solid, reliable person in your corner makes a meaningful difference. The key is that you are not trying to do this entirely on your own.

If you don't have people in your life who can fill this role, support groups are a great place to start. They are free, widely available, and full of people who understand exactly what you are going through.

STEP 8: KNOW WHAT TO DO WHEN CRAVINGS HIT

Cravings are a normal part of early sobriety. They are not a sign that something is wrong with you, and they are not permanent. A craving is a wave — it builds, peaks, and passes. Your job is to ride it out without acting on it.

When a craving hits:

- Remind yourself it will pass — most cravings peak within 15-30 minutes
- Call or text someone from your support system
- Get up and move — a walk, exercise, or any physical activity helps
- Distract yourself with something engaging
- Drink water or eat something
- Step outside for some fresh air
- Write down what you're feeling
- Remind yourself why you decided to get sober

Having a plan in place before the craving hits is more effective than trying to figure it out in the moment. Know your go-to strategies and use them.

STEP 9: KNOW WHAT TO EXPECT IN EARLY SOBRIETY

Early recovery can be uncomfortable. This is normal, and it does get better.

Common experiences in early recovery include:

- Difficulty sleeping
- Irritability and mood swings
- Anxiety
- Low energy or fatigue
- Strong cravings
- Feeling emotionally flat or empty

These symptoms are your brain and body adjusting to functioning without alcohol or substances. They are temporary. Most people begin to feel significantly better within 2-4 weeks of stopping.

It is also common to feel a sense of grief — for the substance itself, for the social life that revolved around it, or for the version of yourself that used it to cope. This is a real emotional process and it deserves to be acknowledged.

Be patient with yourself during this time. You are doing something genuinely hard — and it is absolutely worth it.

STEP 10: TAKE IT ONE DAY AT A TIME

This is not a cliché — it is one of the most practical pieces of advice in recovery.

Thinking about never drinking again for the rest of your life can feel overwhelming to the point of paralysis. Instead, focus on today. Just today. Can you get through today without drinking? That is the only question that matters right now.

You don't have to commit to forever. You just have to commit to today.

Every day that you stay sober is a victory. Stack enough of those days together and the momentum builds. The cravings get less frequent. The confidence grows. Life starts to look different.

You don't have to have it all figured out. You just have to stay sober today.

A FINAL WORD

Getting sober is one of the hardest things a person can do. It requires courage, honesty, and consistent effort. There will be difficult days. There may be setbacks. But every single step you take in the direction of sobriety is meaningful.

You are not alone in this. Millions of people have walked this road before you and built lives they are proud of. You can too.

If you would like personal support on your journey, I offer free 30-minute consultations. No pressure, no judgment — just a conversation about where you are and how I can help. If it feels like a good fit, we can talk about working together through my coaching program.

Book your free consultation:

<https://calendly.com/kickthehabitcoaching/30min>

Visit my website: www.kickthehabitcoaching.com

Check out my YouTube channel: Search "Kick The Habit Coaching" on YouTube

— Hasani | Kick The Habit Coaching