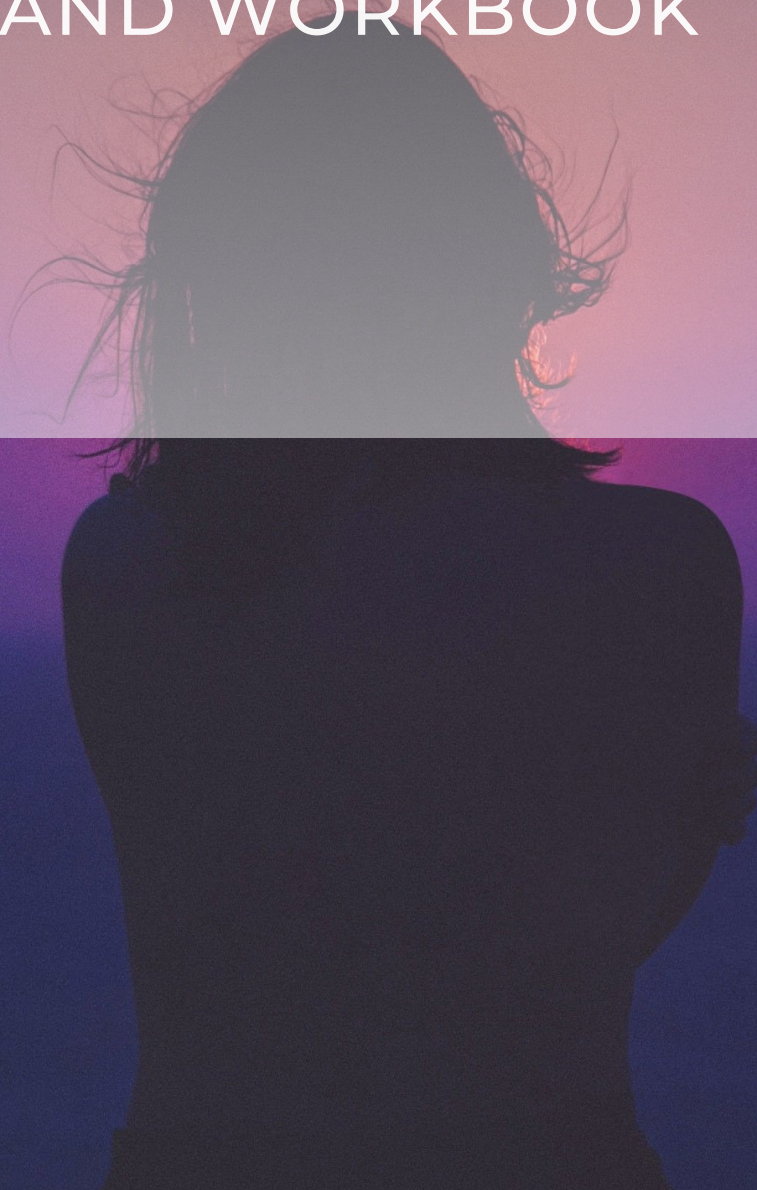


# THE URGE MEDITATIONS

AUDIOS AND WORKBOOK



RACHEL HART | MASTER CERTIFIED COACH

# THE URGE MEDITATION

## Audio & Workbook



This workbook contains audio meditations and special exercises that will help you teach your brain a new way to respond to the urge to drink.



You can listen to one or both meditations any time the desire to drink appears.



Afterwards, complete the accompanying worksheets so that you can dig deeper into the urge and understand how the habit works.

Make sure you subscribe to the podcast so that you don't miss another episode:

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# DOWNLOAD MEDITATION #1: ALLOWING URGES

Meditation #1 focuses on what an urge feels like in your body.

You may not be used to focusing on the physical sensations of an urge. This is normal.

You may instead be more familiar with:

- **reacting** to the urge by saying yes to a drink.
- **resisting** the urge by using willpower and energy to grit your teeth and say no.
- **distracting** yourself from the urge by turning to another activity or substituting with another reward like food.

Meditation #1 will teach you how to observe the urge to drink by learning how to allow it.

When you observe an urge, you simply watch the sensations you feel in your body.

Remember, the urge to drink pretends that it is an emergency. It leads you to believe that it is urgent and must be fulfilled right now.

But when you pay attention to what is happening in your body, you are able to ask your- self, What is so intolerable about the sensation of an urge that I must immediately pour myself a drink?

Only when you learn how to observe the urge to drink, can you start changing the habit cycle for good.

Reacting will strengthen the habit, resisting will exhaust you, and distracting will blind you to what's really fueling the cycle.

**Only observing an urge will start you down the path of true change.**

# EXERCISE #1: ALLOWING URGES

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*Complete this exercise **\*after\*** listening to the corresponding meditation.*

**1. What did you discover in your body when you observed the sensations connected with the urge to drink?**

**2. Did you notice pressure, tension, clenching, gripping, or restlessness? Where were these sensations located in your body?**

**What, if anything, did you notice in your:**

forehead: \_\_\_\_\_

arms: \_\_\_\_\_

jaw: \_\_\_\_\_

hands: \_\_\_\_\_

neck: \_\_\_\_\_

legs: \_\_\_\_\_

shoulders: \_\_\_\_\_

feet: \_\_\_\_\_

chest: \_\_\_\_\_

other: \_\_\_\_\_

stomach: \_\_\_\_\_

**3. How would you describe overall the sensations in your body connected to the urge to drink?**

**4. Are these sensations tolerable? Can you allow them to be there without having a drink?**

**5. What will you teach your brain if you continue to observe the urge instead of acting on it?**



## DOWNLOAD MEDITATION #2: RESPONDING TO YOUR URGES

The human brain is the most complex structure in the universe.

But when you find yourself stuck in the habit of drinking more than you want, you really only need to understand two things:

### **1. Inside your brain, you have an adult and a toddler.**

The adult is your prefrontal cortex. This part of your brain makes plans, sets goals, considers the future, and weighs the pros and cons.

The toddler is your lower brain, a much more primitive structure. This part of your brain cares only about finding pleasure (Hello, alcohol!), avoiding pain, and doing both these things as efficiently as possible.

### **2. You can learn how to manage your brain by using your prefrontal cortex (the adult) to question and challenge the pleas of the lower brain (the toddler).**

All you have to do is tune into the excuses and justifications for a drink and decide how you want to answer them.

This is what Meditation #2 will teach you how to do.

Once you learn how to respond to the urge to drink differently and remind yourself who's in charge, you will start to gain authority over the habit.

“**The human brain is the most complex structure in the universe.**”



**4. What will happen if you keep letting the toddler run the show and give in to her demands?**

**5. If you sit down next to the toddler and let her throw a tantrum, what will happen?**

**6. Why are you the one with ultimate authority when it comes to responding to an urge?**



# Are you ready to change your drinking for good?

I'll show you how in the 30-day Take a Break Challenge.

You'll discover a radically different approach to saying no that puts YOU back in control. You don't need more rules.

You need a new process that empowers you and revolutionizes the conversation about drinking.

There's no other's place quite like this. Head over to [rachelhart.com/join](https://rachelhart.com/join) to get started today.

You *can* create a life that is way bigger, way better, and way more fun without drinking.

Let me show you how! Visit [rachelhart.com/join](https://rachelhart.com/join) for all the details.

*Rachel*



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