

Ep #460: I'll be good tomorrow [Thought Swap]



Full Episode Transcript

With Your Host

Rachel Hart

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Have you ever caught yourself thinking, "I'll be good tomorrow?" I used to say this to myself all the time. I'd justify another drink with the promise of being good in the future. And in the moment, it felt reassuring, like I was still in control because tomorrow, I'd get it together.

This is episode 460, and I'm going to give you three ways to challenge the excuse, "I'll be good tomorrow," so that you can stop pushing change into the future and start making it happen right now.

Whether you want to drink less or stop drinking, this podcast will help you change the habit from the inside out. We're challenging conventional wisdom about why people drink and why it can be hard to resist temptation. No labels, no judgment, just practical tools to take control of your desire and stop worrying about your drinking. Now, here's your host, Rachel Hart.

Alright, today we are doing another thought swap episode and we're tackling a really common excuse. It sounds so hopeful on the surface but actually keeps people stuck. The excuse is, "I'll be good tomorrow." You've probably heard this in your own head before. I used to hear it all the time. I'd order another round at the bar, promising, "I'll be good tomorrow." I'd keep eating the chips when I wasn't really hungry, telling myself the same thing, "I'll be good tomorrow." I'd do this with money too. I'd spend money that I didn't have because, you guessed it, "I'll be good tomorrow."

It sounds optimistic. It sounds like you really believe in yourself, but the problem is that this version of optimism is actually a kind of magical thinking. It assumes tomorrow's version of you will somehow be different without doing anything different right now. And the truth is, you're not going to show up differently tomorrow unless you start practicing showing up differently the moment the urge appears, not tomorrow, right now.

So when you hear yourself saying, "I'll be good tomorrow," what's really happening is that your brain is trying to move the moment of decision into the future so that you don't have to deal with the discomfort that's here right now. That might be the discomfort of wanting something and not

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immediately saying yes, the discomfort of how an unanswered urge or craving feels in your body, or just the discomfort of whatever you're thinking or feeling in that moment.

So if this excuse shows up for you, I want to give you three thought swaps that you can experiment with when you hear it. Remember, the goal here isn't to argue with yourself or force yourself to believe something instantly. The goal is simply to create a little space so that you can see the justification more clearly and start to make a different decision.

So here's thought swap number one. Tomorrow isn't where change happens; change happens right now. When your brain says, "I'll be good tomorrow," it's pushing the moment of change into the future. But tomorrow never arrives in the way that we imagine it will. When tomorrow comes, it's just another moment that looks exactly like this one. Another craving, another excuse, another opportunity to give in. So if you want tomorrow to be different, the only way to get there is to practice doing something different in this moment. Remind yourself, tomorrow only changes if I practice showing up differently right now.

Here's swap number two. "I'll be good tomorrow" really means, "I don't want to deal with this feeling right now." This is what makes that excuse so powerful because it sounds responsible. It sounds like you're planning to do better in the future. But underneath, it's really just helping you step away from the discomfort that's in the present moment. Because the craving for more is here right now. The restlessness is here right now. The stress, the boredom, the irritation, the urge to escape, whatever is showing up for you, it's all happening in this moment. And telling yourself, "I'll be good tomorrow" becomes a way to postpone having to deal with any of it. So instead of arguing with the thought, just try reframing it. This isn't really about tomorrow. It's about what I'm unwilling to feel right now. That swap helps you move out of judgment and into curiosity about what's actually going on and what you're really trying to avoid.

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Here's swap number three. There's nothing magical about tomorrow. It's so easy to imagine that tomorrow's version of you will somehow have more discipline or more motivation or more willpower, or just your day will be that much easier. But tomorrow's version of you is just you, with the same brain, the same habits, the same patterns of thinking. The only way tomorrow becomes different is if you practice doing something different today, even if that something is very small. Even if it's simply naming the craving instead of just immediately acting on it, or noticing what's happening, creating that pause to see what else is there instead of reaching for the drink.

So when you hear yourself say, "I'll be good tomorrow," remind yourself, "Tomorrow isn't where the magic happens. The magic happens in the here and the now." If this excuse shows up in your life, the most helpful thing you can do is just to get curious about it. Not to judge it, not to tell yourself that you shouldn't think it, just notice when it tends to appear. Notice how you're feeling in that moment, maybe what's happened earlier in your day. Notice what your brain may be trying to avoid. Because when you start allowing the discomfort of the urge instead of pushing it off into the future, you begin to build a completely different relationship not only with your cravings, but with yourself. And that's where real change happens. Not tomorrow, right here, right now, in the moment when the craving shows up.

All right, that's it for today. I will see you next week.

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Hey guys, you already know that drinking less has plenty of health benefits. But did you know that the work you do to change your relationship with alcohol will help you become more of the person you want to be in every part of your life?

Learning how to manage your brain and your cravings is an investment in your physical, emotional and personal wellbeing. And that's exactly what's waiting for you when you join my membership *Take a Break*.

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Whether you want to drink less, drink rarely, or not at all, we'll help you figure out a relationship with alcohol that works for you. We'll show you why rules, drink plans, and Dry January so often fail, and give you the tools you need to feel in control and trust yourself.

So, head on over to RachelHart.com and sign up today, because changing the habit is so much easier when you stop trying to go it alone.