

**Mindful Drinking Cheat Notes**

Having a night out? Great! This is your mindful practice to enjoy the evening even more as you are fulfilling your own needs and listening to your body.

Here’s how to use this table: note the drink (amount and type) and the circumstance (e.g. a friend brought it, it was ordered for the whole table and split in amount and costs) and really feel into it: are you being manipulated and externally controlled or are you making independent, own decisions?

|  |  |  |
| --- | --- | --- |
| **Drink #** | **The good** | **The bad** |
| **1** *e.g. Aperol Spritz, big round ordered for the table* | *e.g. feeling of levitating, relaxation, community* | *e.g. None* |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
| **...** |  |  |
| **10 - really?:D** |  |  |

**Next day - review time! Be honest:**

How many drinks did you actually enjoy?

How many did you drink in total?

**If this number is not equal, don’t beat yourself up. Just try to be more conscious the next time and use the table to understand where you took a wrong turn.**