

# Taking Back Control

## Self-Mastery Over the Addict Mind

A free starter guide for alcohol and/or substances,  
and sexualised substance misuse.

**I can notice this without obeying it.**

The thought can be here.  
My next action can still support recovery.

### START SMALL

Self-mastery starts with noticing the pull  
and choosing how I respond, one step at a time.

Use the answer spaces on page 4. Save your own copy,  
or print this guide and write by hand.

One pause exercise and one reflection  
to begin working with the Addict and Alcohol Mind.

**Break cycles. Heal patterns. Thrive.**

NOTICE

# Recognising my pattern

The promise may be relief, confidence or feeling wanted. These examples show how the Addict and Alcohol Mind can appear across the three pathways. I may recognise more than one.

## Understanding the pattern

The Addict and Alcohol Mind names familiar thoughts that pull me towards harmful or unwanted drinking, substance use or behaviour. This is coaching language, not a diagnosis or a separate mind controlling me.

### 01 Alcohol and/or substances

After a stressful day, my mind says, "A drink or something else will take the edge off. I deserve it." I notice the promise of relief. My next step can be to leave the triggering setting and contact someone who knows my recovery plan.

### 02 Sexualised substance misuse

Before meeting someone, my mind says, "I need chems to feel confident, wanted or able to enjoy sex." I notice the fear or pressure beneath the promise. I can pause the arrangement, step away from the messages and reach for support.

### 03 Compulsive sexual behaviour

After feeling rejected, my mind says, "I will only check the porn, cams or messages. I need to feel wanted." I notice the pull towards a familiar unwanted pattern. I can close the app and contact someone I trust about how I feel.

PAUSE

# One pause before the next move

Practise this when I have some space. When the Addict and Alcohol Mind offers a familiar solution, I can pause the next step and reach for support.

## 1 Notice what my mind is saying

"I am having the thought that..."

I name the sentence: "I need a drink", "I need chems to feel confident" or "I will only look". I do not need to judge myself for noticing it.

## 2 Come back to where I am

I feel my feet on the floor and look around the room. I let my breathing stay comfortable. If focusing on my body feels difficult, I can simply name three things I can see.

## 3 Take one protective action

I close the app, leave the triggering setting or contact someone I trust. I choose an action that supports my recovery plan. I do not have to wait for the urge to disappear.

## Use this with any of the three pathways

"My mind is offering a familiar solution. I feel my feet, pause the next step and call someone who knows my recovery plan."

A pause is a chance to act differently. It is not a test of willpower or a promise that every urge will go away.

REFLECT

# My first reflection

Choose one recent moment that feels manageable to revisit. Short answers are enough. I can leave anything blank and stop if I feel overwhelmed.

## What was happening

For example: stress, a planned meeting, rejection or time alone.

## What did my mind say

What did drinking, using, sexual activity or looking promise me?

## What was I feeling or needing

For example: lonely, tired, worried, wanting connection or rest.

## What could I do next

One small action that supports my recovery or agreed plan.

## Who could I contact

A trusted person, recovery contact or appropriate service.

Keep completed copies private. In Word, select "Type here". In the PDF, select an answer box. Save after typing.

SUPPORT

## Using this guide with support

This is a small practice to return to. It can sit alongside professional care, recovery groups and the support I already have.

### Try it again in an ordinary moment

I can practise the pause when the stakes are low, then return to my reflection when I need it. If I repeat an unwanted behaviour, I can look at what happened and seek support. Take the data not the shame.

### Keep the focus on the pattern

Sexual feelings, orientation and consensual preferences are not a diagnosis. The focus here is on harmful or unwanted patterns, consent and the changes I want to make. I do not need graphic details to reflect honestly.

### Know when more help is needed

This guide is coaching education, not medical treatment, therapy or crisis support. If I may be physically dependent on alcohol, I seek advice from a GP or alcohol service before stopping suddenly. Stopping overnight can be harmful.

**In the UK, call 999 for severe alcohol withdrawal symptoms such as hallucinations, severe shaking or seizures, or for an immediate emergency.**

### NHS alcohol support and treatment guidance

Outside the UK, use local medical and emergency services.

**NEXT STEPS**

## Continue at your own pace

This starter gives me one practice to begin with. If I want to explore my patterns more fully, there are two ways to continue.

### THE NEXT RESOURCE

## The full Addict and Alcohol Mind workbook

A paid guide and workbook for working through the pattern in more depth, in matching fillable PDF and typeable Word formats.

Explore the full practice, worked examples, personal reflection spaces and a seven-day practice plan. Use it at your own pace or bring it into your existing support.

**Ask Daniel about the paid workbook**

## Would personal support help

Paid 1:1 coaching and mentoring offers space to explore your patterns and practise changes with support. Start with a free clarity call to discuss what you need and whether we are a good fit.

**Book a free clarity call**

You do not need to buy the workbook before booking a call.  
There is no obligation to start coaching.

**[thesobertruthcoach.com](https://thesobertruthcoach.com)**

Daniel Matthews | The Sober Truth Coach