



The First 7 Days Sobriety Reset

**TAKE YOUR
POWER BACK**

Stephanie Hannah

You don't need more willpower.

If you're here, it's not because you're weak.

It's because your body and your mind
have learned to rely on alcohol to cope.
And no one ever taught you another way.
This guide isn't about "quitting drinking."

It's about:

learning how to be
in your body again
regulating your
nervous system
building a life you
don't need to
escape from

**The first 7 days
change everything.**



THE TRUTH

Most people *think* the
hardest part is stopping.

It's not.

The hardest part is:

sitting with yourself *without* numbing
feeling emotions you've been *avoiding*
learning how to regulate your
energy *naturally*
Rebuilding your **identity**

Alcohol isn't the *real* problem.

It's the *solution* your brain learned.

This reset is about replacing that solution.

WHAT'S HAPPENING IN YOUR BODY

When you stop drinking:

Your nervous system is dysregulated

Your brain is searching for *relief*

Your body is recalibrating

You may feel:

restless

anxious

emotional

tired but wired

Nothing is wrong.

Your body is *healing*.



THE RULES OF THE RESET

For the next 7 days:

No alcohol

Move your body daily

Prioritize sleep

Hydrate aggressively

Stay in your own lane (limit draining people)

This is not restriction.

This is recalibration.

YOUR DAILY ANCHORS

These are your non-negotiables:

Morning:

sunlight

movement (walk, lift, yoga)

breathwork (2–5 min)

Evening:

no phone 30 min before bed

magnesium / tea

quiet environment

10 minutes visualizing your desired
life

Where are you, and what are you doing
if you had every resource available and
no limitations?

These regulate your nervous system.

CRAVINGS (IMPORTANT)

A craving is not a need.

It's a *pattern*.

It peaks for about 10–20 minutes.

When it hits:

Move your body

Drink water

Change environment

Do NOT sit still and negotiate with it.



DAY 1:
Awareness

Notice triggers. No judgment.

Today is not about being perfect.
It's about *becoming aware*.

For *most* people, drinking isn't random.
It follows patterns.

Times of day.

Certain people.

Certain emotions.

Before the drink ever happens...
there's a *trigger*.

Today, your only job is to notice.



DAY 1:

Awareness

Notice triggers. No judgment.

WHAT TO PAY ATTENTION TO

Throughout the day, ask yourself:

When do I feel the urge to drink?

What am I feeling in that moment?

Where am I? Who am I with?

What happened right before the thought?

You're not trying to fix it today.

Just observe it.



DAY 1:

Awareness

Notice triggers. No judgment.

IMPORTANT

Do not judge what comes up.

No:

“I shouldn’t feel this way”

“I need to do better”

That keeps you stuck.

Awareness creates change.

Judgment keeps patterns alive.

MICRO SHIFT

Instead of reacting automatically...

Pause.

Take one breath.

And say to yourself:

“I see the pattern.”

That’s it.

That moment alone begins to *break the cycle*.

DAY 2:
Hydration + movement
Flush your system.

Today is about your body.

Yesterday, you built **awareness**.

Today, you start *supporting* your system.

Alcohol dehydrates you.

It disrupts your nervous system.

It throws off your energy, sleep, and recovery.

So today, we begin to reset.

Not by forcing.

By *supporting*.

DAY 2:
Hydration + movement
Flush your system.

HYDRATION (NON-NEGOTIABLE)
**Your body needs water to regulate and
rebalance.**

Start your day with:

16–20 oz of water first thing in the
morning

Then aim for:

Half your body weight in ounces
throughout the day

Add:

electrolytes

a pinch of sea salt

lemon if you like

This helps your body actually *absorb*
the water.

DAY 2:
Hydration + movement
Flush your system.

MOVEMENT (KEEP IT SIMPLE)

You don't need to destroy yourself in a workout.

You need to move your energy.

Choose one:

20–30 minute walk

light strength training

yoga or stretching

anything that gets you
into your body

Movement helps:

reduce cravings

regulate your
nervous system

improve your
mood



DAY 2:
Hydration + movement
Flush your system.

WHAT TO EXPECT

You may feel:

tired

a little off

low energy

slight headaches

This is normal.

Your body is *adjusting, recalibrating*.

Do not panic.

Do not overthink it.

Keep supporting it.

MICRO SHIFT

When you feel off today,

don't reach for relief.

Reach for support.

Drink water.

Move your body.

Slow down.

DAY 3:

Emotional waves

Let yourself feel without reacting.

Today *might* feel different.

Not physically...
but emotionally.

You *may* feel:
more sensitive
more reactive
more aware of what's underneath



This is where *most* people go back.
Not because they want to drink...
but because they **don't want to feel**.

DAY 3:

Emotional waves

Let yourself feel without reacting.

WHAT'S HAPPENING

Alcohol numbs emotion.

So when you *remove* it...
everything you've been
pushing down starts to rise.

This isn't a setback.

This is the work.

RIDE THE WAVE

Emotions are temporary.

They move like waves.

They rise...

they peak...

they pass.

But only if you let them.

When you react (drink, distract, numb)...
you restart the cycle.

When you *allow*...

you move through it.

DAY 3:
Emotional waves

Let yourself feel without reacting.

WHAT TO DO IN THE MOMENT

When something comes up:

Pause.

Take a breath.

Ask yourself:

“What am I *feeling* right now?”

Don't fix it.

Don't judge it.

Don't run from it.

Just **feel** it.

IMPORTANT

You are not losing control.

You are *gaining awareness*.

There's a difference.

DAY 4:
Energy shift
You'll feel moments of clarity.

Something starts to shift today.

It may be subtle...

but you'll *feel* it.

A moment of **clarity**.

A little more **energy**.

A sense of *calm* you haven't felt in a while.

This is your body starting to rebalance.



DAY 4:
Energy shift

You'll feel moments of clarity.

WHAT'S HAPPENING

Your nervous system is beginning to regulate.

Your brain is no longer
constantly chasing relief.

Your body is remembering
how to function... without alcohol.

This is the beginning of *real* change.

NOTICE THE DIFFERENCE

Pay attention today:

Your thoughts may feel **clearer**

Your reactions may feel **softer**

Your energy may feel more **steady**

Even if it comes and goes...

it's working

DAY 4:

Energy shift

You'll feel moments of clarity.

IMPORTANT

You may also feel a
mix of emotions today.

Moments of **clarity**...
followed by moments of **discomfort.**

That's normal.

Healing *isn't* linear.

Stay with it.

MICRO SHIFT

When you feel a moment of clarity...

Pause.

Let yourself *feel* it **fully**.

“This is what it feels like to be clear.”
The more you notice it, the more your
brain starts to recognize it as your
new normal.

DAY 5: Identity

“I’m someone who doesn’t need alcohol.”

Up until now...

you’ve been **changing your habits.**

Today, you start

changing who you believe you are.

Because *real* transformation doesn’t
come from willpower.

It comes from **identity.**



BUILD

GOOD

HABITS

DAY 5: Identity

“I’m someone who doesn’t need alcohol.”

WHAT’S SHIFTING

For a long time, alcohol
may have been part of your identity.

“I drink to relax.”

“I drink to socialize.”

“I drink to take the edge off.”

But those are *learned patterns*.

Not who you are.

DAY 5: Identity

“I’m someone who doesn’t need alcohol.”

NEW TRUTH

You’re not someone who needs alcohol.

You’re someone who:

knows how to regulate your emotions
can handle discomfort without
escaping

chooses clarity over temporary relief
That version of you already exists.
You’re just stepping into her.

EMBODY IT

Today, move through your day as **that person.**

Ask yourself:

“What would someone who doesn’t
need alcohol do right now?”

And then **do that.**

Not perfectly.

But *intentionally.*

DAY 5:
Identity

“I’m someone who doesn’t need alcohol.”

IMPORTANT
Your mind may try to **pull you back.**

It may say:

“This isn’t you.”

“This won’t last.”

That’s the *old* identity talking.

You **don’t** have to listen.

You don’t need to *become*
someone new.

You need to *remember* who you
are without the patterns.

And today...
you started stepping into your
highest potential.

DAY 6:
Strength

Move your body intentionally.

Today is about **reclaiming your body.**

Not punishing it.

Not forcing it.

Reconnecting to it.

For a long time, your body may have
been something you ignored...

pushed...

or tried to control.

Today, you meet it differently.



DAY 6:
Strength

Move your body intentionally.

WHAT'S SHIFTING

You're no longer just removing alcohol.

You're building strength.

Physical strength.

Mental strength.

Emotional strength.

And it starts with *how you move*.



DAY 6:
Strength

Move your body intentionally.

MOVE WITH INTENTION

This isn't about *doing* more.

It's about doing it **differently**.

Slow down.

Feel your body.

Be present in the movement.

Choose:

strength training

yoga

pilates

a walk with intention

Whatever you do...

be in it

DAY 6:
Strength

Move your body intentionally.

WHY THIS MATTERS

Movement is one of the fastest ways to:
regulate your nervous system
reduce cravings
build confidence
reconnect to yourself

**This is how you start trusting your
body again.**



DAY 6:
Strength

Move your body intentionally.

IMPORTANT

You don't need to be perfect.

You just need to show up.

Consistency builds confidence.

Not intensity.

MICRO SHIFT

Instead of asking:

“How do I look?”

Ask:

“How do I feel?”

That shift changes everything.

DAY 7: Integration

Reflect. You're not starting over—you're becoming.

Take a moment.

Pause.

Look at what you just did.

Seven days ago...

you were in a *pattern*.

Today...

you're *aware* of it.

You've *moved* through it.

You've started changing it.

That matters.

PAUSE
& REFLECT



DAY 7:

Integration

Reflect. You're not starting over—you're becoming.

WHAT JUST HAPPENED

You didn't just *stop* drinking.

You:

became aware of your triggers

learned how to sit with discomfort

supported your body instead of

ignoring it

felt emotions without numbing them

started shifting your identity

reconnected to your strength

That's not small.

That's transformation.

DAY 7:

Integration

Reflect. You're not starting over—you're becoming.

REFLECT

Take time today to look *inward*.

What *changed* this week?

What *felt* different?

What *felt* hard?

What *felt* empowering?

Write it out.

This is how you anchor the shift.

WHAT COMES NEXT

This isn't about *perfection*.

It's about **continuing**.

Some days will feel easy.

Some days won't.

That's normal.

What matters is:

you now have tools

you now have awareness

you now have a new direction

DAY 7:
Integration

Reflect. You're not starting over—you're becoming.

REMEMBER THIS

You don't need to escape your life anymore.
You're learning how to live inside it.

You're not becoming someone new.
You're returning to yourself...
without the patterns that were
holding you back.
And this is just the beginning.



YOUR NEW RESPONSE PATTERN

Old pattern:

Stress → drink → relief → repeat



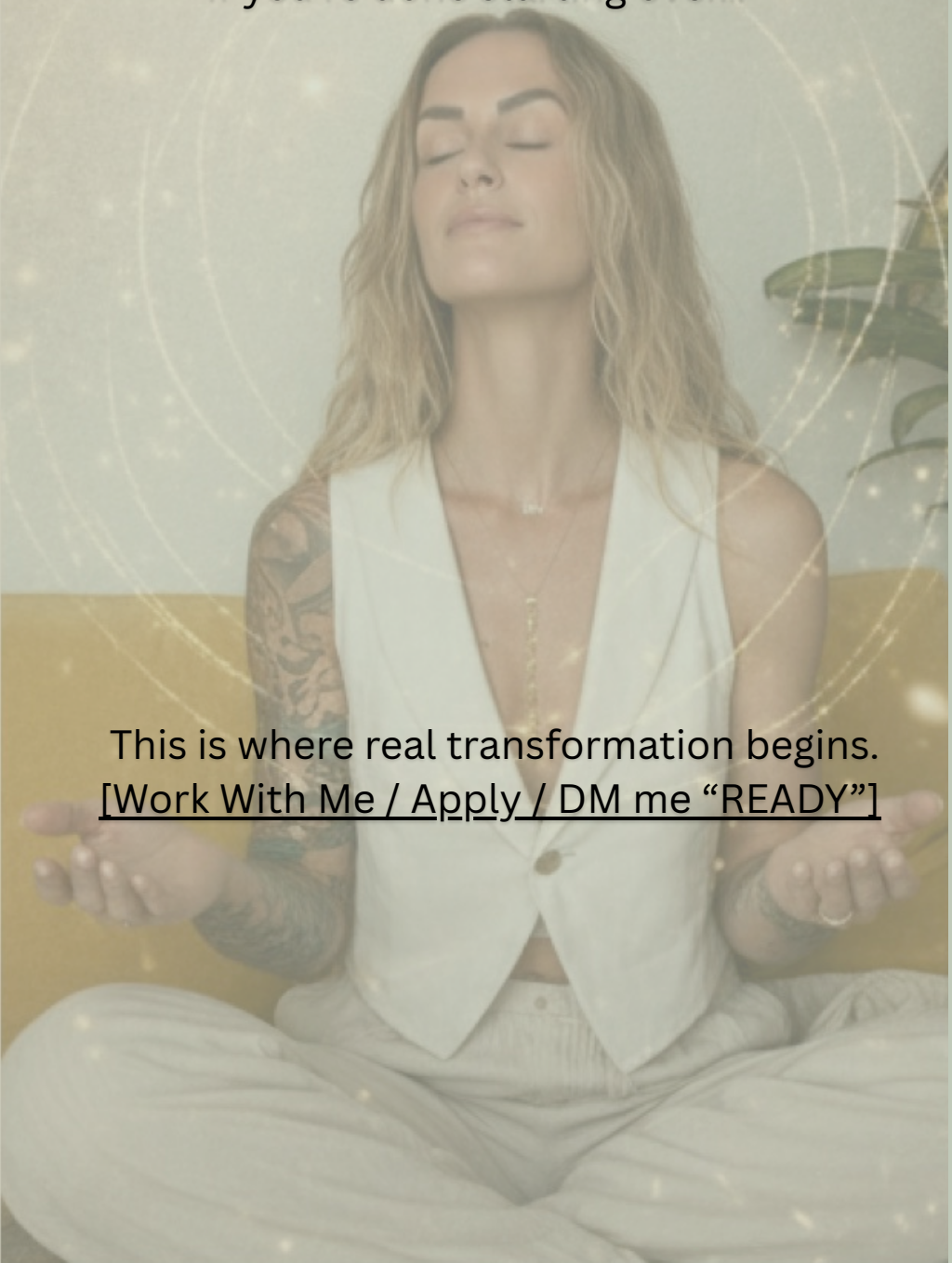
New pattern:

Stress → pause → breathe → move →
regulate

This is how you rewire your brain.

You don't need to do this alone.
If this reset opened something in you...
If you're ready to go deeper...
If you're done starting over...

This is where real transformation begins.
[Work With Me / Apply / DM me "READY"]



TESTIMONIALS

“Saying “thank you” doesn’t even begin to express the gratitude I feel toward Stephanie. I joined her program thinking I just needed to get back in shape—but what I got was so much more. Stephanie has truly given me my life back.”

-Nicole

“Working with Stephanie has truly been life-changing. During one of the most difficult times of my life, going through a divorce, her guidance in both nutrition and exercise became more than just a fitness plan. She helped me rebuild not only my body but also my confidence and my spirit. She pushed me through the days I felt like giving up. Through her support, I became stronger physically and mentally not knowing the beauty I had deep inside. I became more grounded and found myself again.”

-Angela Port Orange, Florida