

PAY ATTENTION TO HOW YOU FEEL BECAUSE

How You Feel is Data!

WHAT SOBRIETY FEELS LIKE WITHOUT GOOD NUTRITION

IF YOU FEEL SOME COMBINATION OF

MENTALLY

Mentally fatigued

Confused

Desperate

Unable to focus

PHYSICALLY

Exhausted

Uncomfortable

Palpitations/sweats

Weight issues

MOOD

Despairing

Depressed

Anxious

Irritable

BEHAVIORALLY

Acting on cravings

Acting on impulses

Relying on caffeine to feel better

Preferring sweets and starches

**AND YOU ARE A RECOVERING ALCOHOLIC WHO EXPERIENCES
BRIEF COMFORT FROM EATING SUGARY FOODS,
STARCHY FOOD, AND/OR STIMULANTS LIKE COFFEE**

THEN IT'S TIME TO SEE IF

YOUR EATING

IS MAKING IT HARDER TO STAY SOBER

YOUR NEXT STEP IS...

- Take the Suppers Beginner Questionnaire
- Do the Suppers Breakfast Challenge
- Attend a Suppers for Sobriety Meeting
- Watch our Suppers for Sobriety video
- Contact us

FOR MORE INFORMATION, VISIT DOROTHYMULLEN.COM • THESUPPERSPROGRAMS.ORG

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