Liminal Thinking: Reference

I’ve organized this program in an unique way, using Liminal Points to shine the light of conscious thought on our ingrained beliefs about alcohol. This is important because often things we know to be true – or our beliefs – may actually be formed on a pyramid of our experiences, observations, assumptions and conclusions rather than on reality. What we know to be true may not actually be true but since our reality feels real to us we never pause to examine their validity.

The Liminal Points take you on a journey through certain, long-held beliefs about alcohol. This technique will speak to your unconscious through allowing you to examine what you believe to be true against external sources. What experiences have you had? What observations and assumptions have you made? What conclusions have you drawn?

Once we’ve established a detailed framework of why you believe what you believe, I will reveal another perspective, one that may be closer to reality, in narrative form. In this manner we will submerge beneath the surface of your conscious and deconstruct your beliefs about alcohol.
Lesson 4: Liminal Point: Is Drinking a Habit?

**Before you listen:**
Once something has become habitual, like driving or brushing your teeth, you no longer consciously think about it. What are some things in your life that are habitual?

Do you feel that you drink alcohol habitually? No longer thinking about each time you drink?

**After you listen:**
The majority of drinkers believe they drink because they want to, they enjoy it, and they choose to do it. Say I offered you two hundred thousand dollars to stop drinking. Would you? Do you have to think about it?

What about a half million dollars?
Lesson 4: Liminal Point: Is Drinking a Habit?

After you listen (continued):
Do you fear that you will never be happy or at peace without drinking and that stopping will make you feel unhappy?

List all of your fears, as specifically as you can, about giving up drinking – what do you feel you will lose by breaking your drinking ‘habit’?

Upon careful reflection do you believe your drinking is truly just a habit?

List 5 things you will gain by breaking your drinking ‘habit’:
1. 
2. 
3. 
4. 
5. 

We may habitually drink, but if breaking this ‘habit’ involves fear than your drinking has become much more than a habit...