

101 Reasons Not To Drink Tonight

Inspiration and support to stick to your sober goals

THE SOBER SCHOOL

Does this sound familiar?

You wake at 4am, your heart pounding and mouth dry. Shame washes over you before you're even fully conscious.

"Never again," you promise yourself. "This has to stop. Tonight I will not drink anything. Tonight I will be good."

And in that moment, you genuinely mean it. But by 4pm, that morning promise feels as if it was made by someone else.

Suddenly, the idea of not drinking sounds bleak. You can't remember why you thought this was important... and your motivation seems to have vanished!



If this resonates, you're in the right place

I'm Kate Bee, I'm the founder of The Sober School, which I created after my own struggle with alcohol. Since 2016, I've helped over 4,000 women change their relationship with booze.

A powerful place to start this journey is by getting clear on why you want to change and what you're going to *gain* from stopping drinking. And that's what this guide is all about.

Read through all 101 reasons and see which resonate with you the most. Let's focus on the positive here, because that's far more effective than beating yourself up.

Kate
x

Founder, The Sober School

101 Reasons Not To Drink Tonight

1. You never regret not drinking. As soon as you've made that firm decision not to drink, you'll experience some relief, which feels good right away.

2. Your brain is freed from the mental calculations of what, when, how much to drink – creating space for the stuff that's actually important.

3. You have the quiet confidence that comes with being in full control of your actions tonight.

4. You have the reassurance of knowing you can be depended on and show up in a way that you won't regret later.

5. You'll get to bed sooner. No delaying food and bedtime so you have more time to drink... and sleep is probably the thing you need most right now.

What sobriety makes possible:

6. You can drive if you need to.

7. You can handle a phone call (no more ignoring it in case you sound drunk and someone guesses).

8. You can tick a few things off your to-do list (if you want to) so tomorrow feels easier.

9. You can have a real, meaningful conversation.

10. You can read a book instead of giving up because concentrating feels too hard.

11. You can enjoy a TV programme without falling asleep halfway through.

12. You can sleep in your own bed, comfortably. No crashing out on the sofa.

13. You can cook food without burning it, forgetting about it, or missing half the recipe.

14. You can take a bath, go for a walk, do something that actually restores you.

15. You can trust the quality of your decisions tonight, whether it's big or little stuff.

What you'll be spared from:

16. You'll be spared the guilt of rushing through the kids' homework or bath time so you can get back to your wine.

17. Your anxiety won't spike as the wine wears off.

18. You won't send a message you'll regret.

19. There'll be no maudlin, tearful moment that comes out of nowhere.

20. You won't spend the evening wondering if you have enough supplies and debating whether to go out and get more.

21. You'll feel calm rather than artificially relaxed then flat.

22. You'll be spared the drunken arguments and won't fight with your partner over nothing.

23. You'll skip the shame spiral that can descend after drinking, before you've even gone to bed.

24. You'll be spared bad breath and wine stained teeth from drinking before bed and forgetting to brush your teeth.

25. You won't sleep in your make-up. You can cleanse, tone, moisturise – the whole works.

Tomorrow morning:

26. If you don't drink, you'll wake up tomorrow without a headache.

27. No dry mouth or desperate, urgent need for water.

28. No heart-sinking "what did I do last night?" feeling.

29. No scrolling through your phone to check what you posted on social media.

30. No puffy, tired face looking back in the mirror.

31. Your skin and eyes will look noticeably clearer, brighter and less blotchy.

32. You'll feel rested – not just horizontally unconscious.

33. There'll be no hangxiety (or that creeping sense of dread).

34. You're more likely to eat a nourishing breakfast instead of inhaling caffeine and sugar.

35. You'll be functioning at normal speed, not the slow, foggy version that follows a night of drinking.

36. You'll be more patient with the people around you.

37. You can exercise if you want to.

38. You'll feel a quiet sense of accomplishment before the day even starts.

39. Yesterday's problems will have a new perspective – because sober you has actually been able to sleep on them and get some distance.

40. You don't need to spend any time hiding empties or wondering how to dispose of them.

Sleep:

41. Staying sober tonight means you'll fall asleep naturally instead of passing out.

42. You won't wake up at 4am feeling shattered but unable to sleep.

43. You'll get proper REM sleep – the kind that actually restores you.

44. You'll be spared the distress of staring at the ceiling in the early hours, hating yourself, wondering why you keep doing this.

45. No alcohol-induced night sweats.

46. Sober sleep increases your chances of having more vivid, interesting dreams.

47. When your alarm goes off, you'll know you can face the day – instead of wondering how on earth you'll make it through.

Your body:

48. When you don't drink, your liver gets a night off.

49. Your immune system isn't suppressed overnight.

50. You miss out on hundreds of empty alcohol calories.

51. You won't be so tempted to reach for crisps or bread at 10pm!

52. Your blood sugar won't spike and crash.

53. Your cortisol levels won't be elevated overnight.

54. You'll be able to hydrate properly and drink enough water.

55. Your gut won't be irritated.

56. Your heart won't work harder than it needs to while you sleep.

57. Menopause symptoms won't feel even worse than they already do (alcohol makes them worse).

Your money:

58. Staying sober means you won't spend your hard-earned cash on wine you didn't need.

59. You'll spare yourself from impulse online shopping after a glass or two.

60. There'll be no takeaway ordered at 9pm because you've got the munchies.

61. You won't have to spend any more money in that corner shop or off-licence you hate (the one where you're quietly worried they know how much you drink.)

Your relationships:

62. That important news your partner, friend or relative has to share? When you're sober, you're able to take it all in and be a useful sounding board.

63. Your kids will get the version of you they want access to - the real you, not the half-zombified, disinterested version.

64. You won't overshare something you'll cringe about tomorrow.

65. You're far less likely to say something you'll need to apologise for later.

66. You'll avoid those "But I've already told you this!" moments.

67. You'll feel trusted by those around you. They know how much you really drink - you're probably not as good at hiding it as you think.

68. Drinking creates distance and miscommunication. Staying sober tonight creates space for more honesty and connection.

69. You'll be able to make eye contact with your loved ones, knowing you have nothing to hide.

Your confidence and self-image:

70. By staying sober tonight, you'll prove to yourself that change is possible.

71. There'll be no internal monologue about what a bad person you are.

72. You'll feel less controlled by something external to you.

73. Feeling and looking better leads to you showing up more confidently and taking more positive actions – which is more likely to create a cycle of positive momentum.

74. By not drinking, you break the pattern of making big promises at 4am followed by big disappointments at 4pm. Continually breaking drinking promises to yourself creates doubt in other areas of life.

75. You won't have to act like a "normal" hangover-free person. You can just be you.

76. Every time you choose not to drink, you're teaching yourself a new way of handling life and building up your sober muscles, so it feels more natural to handle life without wine.

77. You'll begin to wonder what else is possible and see more opportunities for yourself.

Your mental health:

78. When you don't drink, you avoid those huge swings between "I'm fiiiiiiiine!" and "Everything is going wrong, I really need to sort this out."

79. You don't add any weight to the heavy load you're already carrying.

80. Tomorrow's baseline anxiety will be lower. Alcohol is a depressant and your nervous system knows it.

81. You won't undermine the other things you're doing to support your mental health e.g. medication, therapy, sleep.

82. In the end, alcohol always gives you more of what you don't want. This is a huge reason not to drink.

83. By staying sober tonight, you stop reinforcing a made up story in your mind that you can't cope without alcohol.

84. You'll feel more like yourself.

The bigger picture:

85. Every time you don't drink, you're telling yourself you're worth looking after.

86. You're treating your body like somewhere you respect and want to live.

87. You're giving your future self a gift. The future version of you will always be grateful you chose not to drink tonight.

88. And what about the younger version of you? The little girl inside you? She doesn't want to be drowned in alcohol. She wants to be taken care of.

89. By not drinking, you're protecting yourself.

90. You're being the kind of friend to yourself that you'd be to someone you love.

91. You're breaking a pattern that was never really serving you.

92. You're choosing yourself and having your own back.

The future:

93. If you don't drink tonight, you're more likely to stay sober tomorrow. Every day alcohol-free gives your brain and body a little more chance to recalibrate.

94. This gets easier as time goes on. You stop losing so much brain space to alcohol: thinking about it, planning it, debating it, regretting it, searching for help.

95. You'll reduce your long-term risk of breast cancer, liver disease, and heart disease.

96. Over time, your skin will improve visibly.

97. Your sleep will improve dramatically.

98. You'll show up differently in every area of your life.

99. You'll stop losing whole weekends to drinking and recovering from it.

100. You'll have more energy for the things that actually matter to you.

101. You'll stop feeling like alcohol is running the show - or your life.

Getting More Help & Support

If you're thinking about taking a longer break from alcohol - or you're trying to quit for good - you're in the right place.



Getting Unstuck is an online coaching programme from The Sober School. It's for smart women who want to stop drinking and feel great about it.

Alcohol-free living shouldn't be a miserable, drawn out test of your willpower. And it's not about seeing how long you can cope with 'missing out'. Long term, successful sobriety is all about creating an alcohol-free life you *love*... one where you genuinely don't want to drink. Now that's true freedom.

During this six week class, you'll learn a step-by-step formula that will help you change your relationship with alcohol for good. We'll get to the bottom of why you *really* drink and help you learn new, healthy coping skills. You'll receive daily lessons delivered straight to your inbox. In our private, student only community, you'll work through the assignments alongside other women who know exactly what you're going through. Think of it as your very own sober support network :)

For more information, click here: thesoberschool.com/course

About The Sober School



If we haven't met before then I'm delighted to meet you!

I'm Kate and I'm the founder of The Sober School.

I spent my twenties locked in a cycle of heavy drinking, black-outs and monster hangovers.

I hated the way alcohol made me feel, but I couldn't imagine never drinking again.

Sobriety always sounded so dull and boring - like a punishment for bad behaviour.

When I finally decided I *had* to stop drinking for the sake of my health, I was disappointed to discover there was very little support available.

What I really wanted was modern, affordable, no-nonsense advice that left me feeling inspired and empowered. I wanted help from someone who understood what I was going through and who could reassure me that yes, I *was* making the right decision. But nothing like that seemed to exist.

The Sober School is the company I created to help other women who find themselves in the same position. It's the coaching and support that I wish had existed when I was looking for help.

Deciding to live alcohol-free is one of the best decisions I've ever made.

Ultimately, it's about so much more than not drinking. It's about finding out who you really are and being the best version of yourself. We only get one life – so don't let something like alcohol hold you back.