

# THE RECLAIMING ME WORKBOOK



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## **A Deep Self-Discovery Workbook for Sober Women Ready for More.**

You stopped drinking. And maybe at first, that felt like the hardest part. But somewhere along the way, you realised sobriety was never just about removing alcohol. Because once the noise quietened down, something deeper surfaced. The overthinking. The emptiness. The exhaustion. The self-doubt. The feeling that you still don't fully know who you are.

So many women get sober expecting life to suddenly feel complete. But what often happens is this:

Sobriety opens the door but if nothing changes, nothing changes.

This workbook is for the woman who wants more than simply not drinking.

She wants: Peace, purpose, confidence, emotional freedom, fulfillment, self-trust, self-love, connection, meaning, passion, to name a few.

This is not about fixing you. You were never broken. This is about uncovering the beliefs, wounds, patterns and stories that shaped the way you saw yourself for years.

Because alcohol was never the whole story. It was often the coping mechanism. The numbing. The escape. The protector.

And now you get the opportunity to gently explore what was underneath.

You do not need to rush. You do not need to have all the answers.

You simply need a willingness to meet yourself honestly.

Let this workbook be the beginning.

# HOW TO USE THIS WORKBOOK

There is no right way to do this.

Some days you may write pages. Other days you may cry. Some questions may feel uncomfortable. Some may feel freeing.

Take your time.

This workbook is designed to help you:

Understand the deeper reasons behind your drinking

Explore your core beliefs

Reconnect to your authentic self

Build self-worth and self-trust

Create a life that feels meaningful and aligned

You may want to grab:

A journal

Quiet time

Music

A cup of tea

Tissues

Compassion for yourself

Most importantly: Please be gentle with yourself while doing this work.

**“It is an act of bravery to feel your feelings”.**  
**- gayle forman**

## **WHO WAS I BEFORE THE COPING?**

Understanding Why We Drink.

People mostly believe that alcohol was the problem.

But often alcohol was the solution we found for the pain we didn't know how to handle. Alcohol became:

Relief, escape, confidence, numbing, reward, protection, disconnection, and even in some cases, a friend.

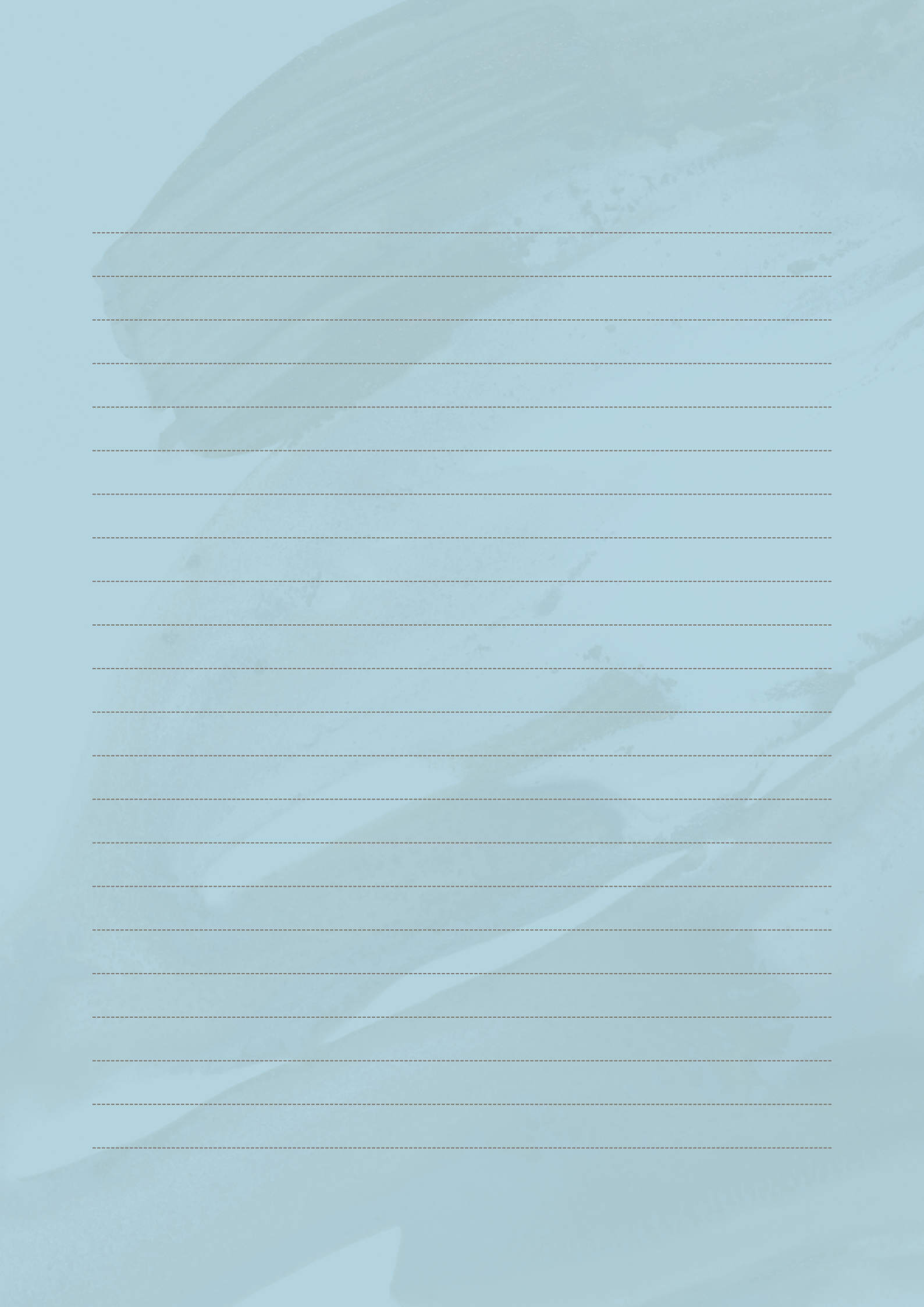
When we remove alcohol, we finally get to ask:

What was I trying to escape from? What was I trying to feel? What was I trying not to feel?

### Reflection Exercise

- What did alcohol give me emotionally?
- When did I most crave drinking?
- What feelings was I avoiding?
- What thoughts about myself appeared when I was alone?
- What was I afraid people would discover about me?
- What did I believe alcohol helped me become?

“If alcohol was protecting me from something, what might that have been?”



**“Our beliefs create our reality..Each day we have the choice to rewrite the script of our life”**  
– gaby bernstein

## **CORE BELIEFS**

The Stories We Carry;

Core beliefs are the deeply rooted stories we hold about ourselves. Most of the time, we do not even realise they are there. They silently shape:

Relationships, confidence, boundaries, self-worth, anxiety, shame, and more.

Common core beliefs include:

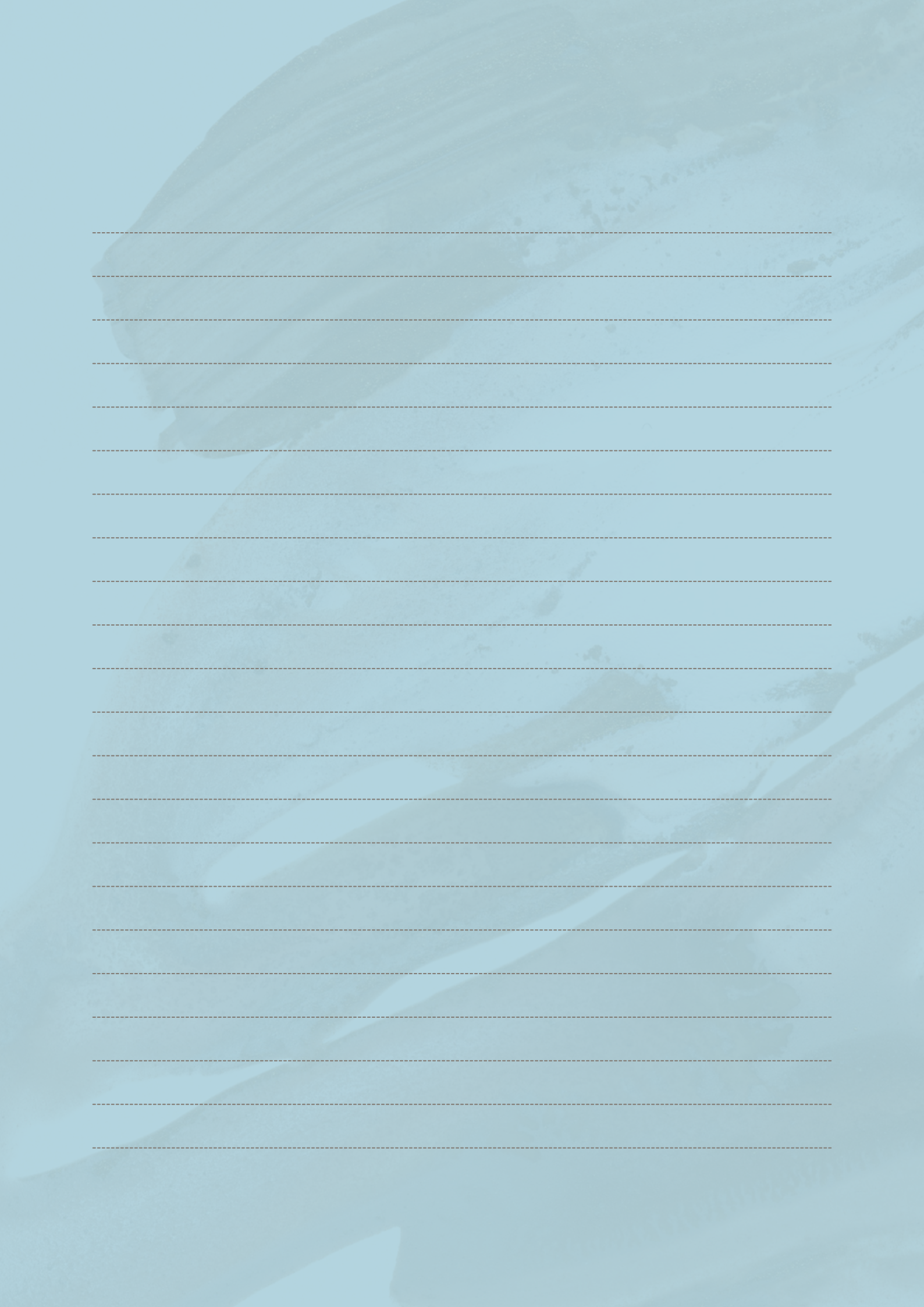
I am not enough, I am too much, I am unlovable, I am a failure, I am not worthy, I am stupid, I am weak.

These beliefs are formed in childhood, relationships, trauma or painful experiences. And over time, we start living as if they are facts.

Reflection:

Which beliefs do I recognise in myself.

What if these beliefs are not actually true!



**“If there’s one thing I’m willing to bet on,  
it’s myself!**

**– beyonce**

## **SHAME, SELF-WORTH & IDENTITY**

Who Am I Without Alcohol?

One of the hardest parts of sobriety is identity.

Many women realise they spent years performing. Trying to be liked.

Trying to fit in. Trying to hold everything together.

And underneath it all was exhaustion.

When we put down alcohol, we often meet the parts of ourselves we ignored for years.

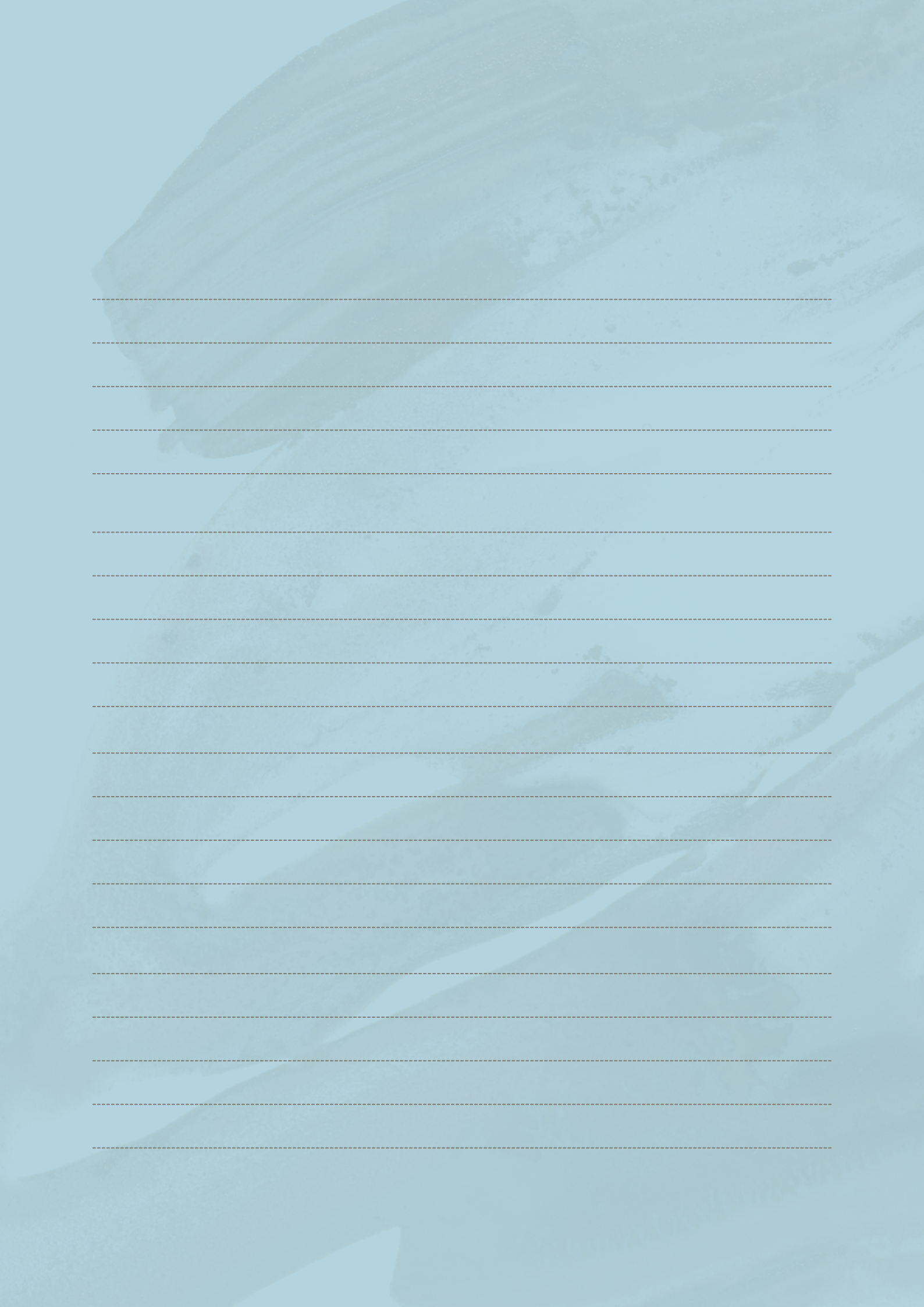
This can feel confronting. But it is also where freedom begins.

### Reflection Exercise

Complete these sentences:

- I spent years pretending that...
- Deep down I feared...
- I learned that I needed to be \_\_\_\_\_ in order to be loved.
- The version of me I showed the world was...
- The real me feels...

“Who am I becoming now that I am no longer abandoning myself?”



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**“What we don’t need in the midst of struggle is  
shame for being human”  
– brene brown**

## RECONNECTING TO YOURSELF

What Do I Actually Want?

So many women spent years surviving. Now it is time to start living.

But after years of disconnection, many women no longer know:

What they enjoy

What they value

What excites them

What they truly want

This part of the journey is about rediscovery.

Reflection Exercise (Answer without overthinking):

What makes me feel alive?

When do I feel most like myself?

What drains me?

What energises me?

What did I love as a child?

What dreams have I buried?

What would I do if I truly believed I was worthy?



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**“There’ll be no more hiding. This is me, the only me”.**  
– rina kent

## **THE WOMAN I AM BECOMING**

Creating a New Relationship With Yourself

Healing is not becoming someone new. It is returning to yourself.

The woman underneath the shame. The fear. The coping. The survival mode. You are allowed to:

Take up space, change your life, set boundaries, rest, feel joy, start over, want more, trust yourself, be proud of how far you have come.

### Future Self Exercise

Close your eyes and picture yourself one year from now.

How does she speak to herself?

How does she spend her time?

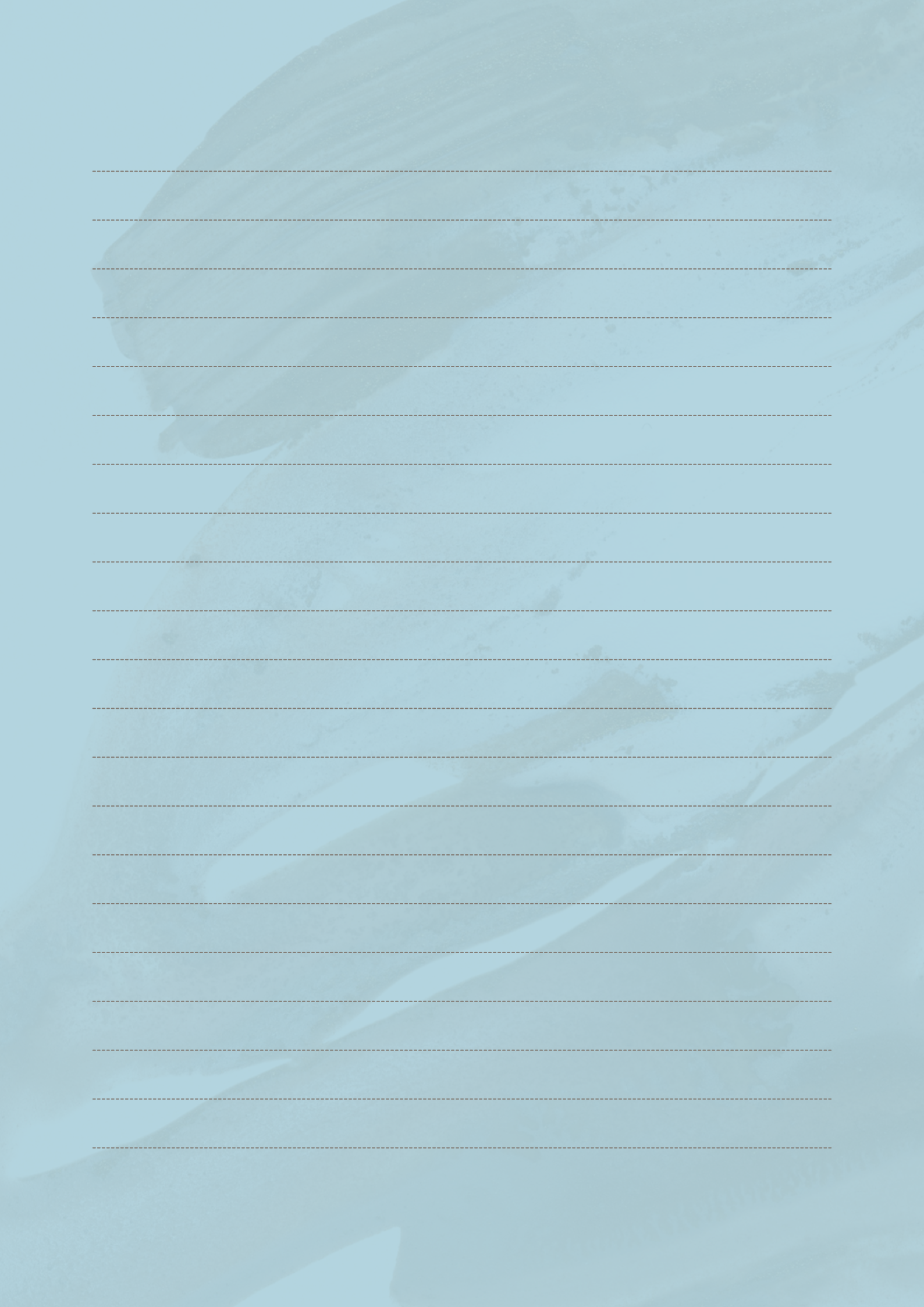
What no longer controls her?

What boundaries has she created?

What feels peaceful in her life?

What is she proud of?

Now write a letter from your future self to you today.



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Wow, you have completed the workbook, please take a moment to acknowledge yourself!

Not just for quitting drinking. But for choosing to heal.

This work takes courage.

Every time you choose awareness over avoidance... Compassion over shame... Truth over numbing... You are changing your life.

You do not need to have everything figured out.

You simply need to keep coming home to yourself.

And that is exactly what you are doing.

If you're interested in working with me to go deeper into transforming your life, please book a free discovery call with me [HERE](#).



**Love, Meg**