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**Hi! I'm Coach
Margie**

I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.

Hello Margie,

We are on the baby boy countdown! Our family will be blessed this week with the birth of a new baby boy. My newest grandson has a name, but I've been sworn to secrecy. So I still call him Nugget. Please send our family thoughts, wishes, and prayers for a healthy and safe birth.

But for now, while I impatiently wait, I bring you some food for thought for the sober-curious. Please let me know what you think! ❤️

Embracing a New Perspective on Sobriety

Are you ready to challenge your beliefs about alcohol? Our journey together continues with insights that shed light on how your beliefs shape your experience and outcomes when it comes to alcohol. It's time to embark on a path of curiosity and positive change.

Your Personal Struggles: A Familiar Tale

I understand that many of you have firsthand experience with the challenges of quitting alcohol. The cravings, agitation, and overwhelming feeling that another drink is the only way to restore sanity - it's a cycle that can be incredibly tough to break. **Each failed attempt can seem like a major setback**, reinforcing the belief that a life without alcohol would be unbearable.

Here's the thing: As long as you believe **a life without alcohol** equates to pain and misery, that's exactly what it will be. **Our beliefs have a remarkable power to shape our experiences and determine our outcomes.**

Beliefs Shape Experience and Outcomes

Our beliefs act as filters through which we interpret our experiences. If you're convinced that a life without alcohol means an eternity of dread, your mind will interpret every discomfort as a confirmation of that misery. The truth is, while discomfort is expected in the early stages of giving up alcohol, it fades as your body and mind adapt to a new normal with limited or no alcohol. **Often, the tunnel that seems impossible to pass is not dark because of the journey but because we don't believe there's light at the other end.**

Beliefs also shape outcomes by determining our resourcefulness. **We are most capable and resourceful when we believe a goal is attainable.** If you're convinced that having a good time without alcohol is impossible, your mind won't invest energy in finding ways to make it enjoyable.

Beliefs: Enabling or Limiting?

Consider the story of the 4-minute mile. For years, no one believed it was physically possible to run a mile in under 4 minutes. Then, in 1954, **Roger Bannister** shattered that belief, and suddenly, 16 others achieved the "impossible" in the next three years. The runners before the first 4-minute mile were **limited by their belief in what couldn't be done**, while those who followed were enabled by their belief in what was possible. **Your beliefs about living a fulfilling life without alcohol can be either limiting or enabling.** If you choose to believe that you can not just survive but thrive without alcohol, your mind will seek ways to make it a reality.

Sober Curiosity: Replace "I Can't" with "How Can I?"

One simple way to begin reshaping your beliefs is to stop using phrases like "I can't" and its equivalent, "not possible". When you catch yourself thinking, "I can't quit drinking" or "I wish I could be happy without alcohol," replace those thoughts with "How can I..." **Allow curiosity to guide you.** Ask questions like, "How can I enjoy myself with a non-drinking activity tonight?" or "How can I become excited about a life with less or no alcohol?"

Start small and take it easy on yourself. If the idea of not drinking tonight feels overwhelming, try delaying your drinking instead. Small steps can lead to significant change.

If your answer to "How can I..." continues to come up as "I don't know.", try asking another curiosity-based question. **"If I don't know, who can help me?"** There is someone who can help you. It's time to get curious. The alternative is staying stuck in an unhealthy relationship with alcohol and all of the pain that comes with it.

My Story

I have been sober-curious since 2013. I experimented with Dry January, Whole30, and Lenten abstinence. I gave alcohol up while pregnant, no problem. The keyword there is 'while'. Over the years between 2013 and 2021 I tried cutting back (fail), only drinking on weekends (fail), and only drinking beer because I don't like beer (fail).

Why did I get sober-curious in 2013? I started a dream job that year that gradually turned into my worst nightmare. It took a toll on me between 2013 and 2020. On my confidence, my self-esteem, my relationships, and worst of all, my health.

I wasn't sleeping well, I checked my phone at all hours of the day and night and **slowly turned more and more to alcohol** at night to destress and deal with the pressures of my job. **I functioned well during the workday, though**, so well that I accepted promotions and additional responsibilities.

My blood pressure was rising, I had developed an unexplainable chronic cough, spontaneous bloody nose, digestive problems, a constant dull headache and I was in a chronically bad mood. **It was the job, right?** I mean, everything else in my life was great. Husband, family, friends, all of it.

Well maybe that job was the accelerator, but what I didn't know or didn't want to admit was that the physical and emotional pain I was in was due to alcohol.

In 2021 I found This Naked Mind. I joined their Alcohol Experiment and **I fell in love with myself again.** I believe in the coaching methodology so much that I joined their coaching institute in 2022 and now I'm a certified TNM Life Coach.

I'm here to support your journey toward a more fulfilling life, and I'll continue to share valuable insights in upcoming newsletters.

Wishing you curiosity and empowerment,

Margie

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