When motivation fades

A smaller plan can keep you connected

Notice the change without shaming yourself

There may be days when meetings, appointments or recovery work feel like too much. Ask what is getting in the way: tiredness, low mood, transport, cost, conflict or feeling disconnected. The answer can help you adjust the plan.

Shrink the next step

Example: you keep putting off contacting your counsellor. Your first step could be one message: "I am struggling to stay connected. Can we work out a manageable plan?" You do not have to fix everything before reaching out.

Use support rather than waiting to feel ready

Arrange a reminder, ask someone to accompany you or choose an accessible support option. Agree on what is realistic with your support team. Recovery actions can sometimes begin before enthusiasm returns.

Take persistent changes seriously

If low mood, exhaustion or loss of interest continues, speak with a health professional. Ask for help with practical barriers too. If you are withdrawing from support or urges are growing, let someone know promptly.

Before you change your drinking

If you drink heavily or regularly, need alcohol to feel steady, or have had withdrawal before, speak with a doctor before stopping or sharply reducing. Alcohol withdrawal can be life-threatening. Shaking, sweating or feeling unwell after cutting down needs prompt medical advice. Call 000 for seizures, severe confusion or hallucinations.

Australia: Alcohol and Other Drug Hotline 1800 250 015 (free, confidential advice). Lifeline 13 11 14 (24/7 crisis support). Call 000 if there is immediate danger or a medical emergency.

Make it personal

Write a few words. You can leave questions blank or talk them through with someone.

What feels harder than it used to...

The barrier I most need help with...

My smallest useful action today...

Who I will tell, and the message I can send...

How we will review this plan and when...

You do not have to do this alone.

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Safety and support sources: healthdirect.gov.au/alcoholism; adf.org.au/insights/safely-withdrawing-alcohol/; lifeline.org.au/131114; medicarementalhealth.gov.au/provider/national-alcohol-and-other-drug-hotline-16469. Checked 1 October 2026.