

00:00:01 Alcohol. It's hard to think of a social event in our culture that doesn't involve it. Brewery crawls, wine tours and tastings, birthdays holidays, all served with drinks. There's work, happy hour meetups or workplaces with beer on tap and so much more. If you know me at all, you know, I love my wine. I also enjoy beer and I'm a huge fan of unique cocktails.

00:00:24 I make lots at home and I'm quite happy paying what may seem like obscene prices, 20 or \$30 or more for a great specialty cocktail. Honestly, alcohol has been a staple in my adult life. Our wedding included a wine tour. One of the coolest souvenirs I have is a bottle of wine from North Korea, which I will probably never drink. And we quite literally named our daughter Sonoma after the wine region in California.

00:00:49 I'm probably one of the first people my friends think of when they think of someone to have a drink with. And as a result, I'm probably one of the last that they would expect to talk about a subject like sobriety and alcohol-free living. I start this episode with a humble acknowledgement that my life experience does not include an alcohol addiction. And I don't have anyone in my closest inner circle that does,

00:01:09 I don't want to downplay the severity and the complexity of addiction. I'm certainly not a professional in addictions by any means. The topic of addiction is real. It's valid, and it's so important to discuss and continue to bring awareness and respectful treatment options that are accessible for everyone. If you're looking for resources on addictions, I put some for you in the show notes.

00:01:28 In this episode, I'm joined by Meredith Garrison for discussion about alcohol-free living sober curiosity and mindful drinking. We're going to be talking about what I would call kind of facetiously our area of expertise, which is social drinking, the kind of drinking that many of us do on a daily or weekly basis. You know, the kind, the stuff that the wine mom means are made of.

00:01:51 And I was a cliché too, after going on my own health journey and exploring sobriety too. I constantly found out that my amazing friend Meredith is doing it as well. And I know that we're not the only ones who want to be more health conscious and are also curious about sobriety and creating a life and a culture of joy, fun, happiness, adventure,

00:02:11 connection, all that without alcohol. So in this episode, we talk about why you can feel so hard to decline a drink and how we've gotten over this, how intertwined alcohol is with our culture and what it looks like to start to change us in our personal lives and the wider culture. You're gonna hear some of the surprising benefits of going sober and,

00:02:30 or just being sober, curious. And we give suggestions, especially Meredith on how to tackle some of the biggest challenges. You know, what to say to people, what else to do instead of drink and how to focus on presence without alcohol. We also talk about alcohol alternatives and yes, there are links in the show notes for you as well. So whether you've woken up with a hangover,

00:02:48 one too many times said the wrong thing too many times, whether you're interested in improving your health or sleep, or you're just curious about sobriety and what mindful drinking might look like in your life listening. And if you ever worry that it's not as much fun, you won't have as many friends or you'll be the only one, or you're not going to be a social without alcohol.

00:03:05 We hope this episode changes that and encourages you instead to lean right in, welcome to the golden girls podcast, or we believe you can have it all. I'm your host, Lisa Michelle, and I'm spilling tangible tips, goal, getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more,  
00:03:28 get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women, empowering women. It's time to tap into your best self, get confident and truly have it all golden girl.

00:03:51 Let's dive in. Hello, golden girls. I'm here with Meredith Garrison, the founder of her Vonda collective after a rewarding tenure career in renewable energy, Meredith was ready to embark on her own venture. She wanted to create something that aligned with her values and interests and serve to fill a gap that she had experienced. She founded Havana. Co-working collective. The only woman focused coworking community in Vancouver in 2007,

00:04:18 they opened their physical location in July of 2018. And as you can probably guess in March of 2020, they dropped the coworking. So we could stay home, stay safe and moved to 100% online. Meredith's mission is to provide a platform for women to thrive, to build and to grow their businesses, to advance their careers and hone their leadership skills, or simply define an encouraging and uplifting community.

00:04:42 No longer limited to one physical location. Brovana collective is expanding through Canada and beyond. I am so grateful to have you here with me today. Meredith thank you so much for being here. Thank you for having me. I'm happy to be here too. One small note in that maybe it was a typo in what I had sent over, but we started the Havana collective the coworking space in 2017.

00:05:05 So I'd love to have that extra 10 years behind me, but Did I say 2007? I Believe So. Alright, so we are talking about, so we're curious life and I promise you I am still sober and apparently my son. Okay, good. Thank you for that clarification. I appreciate that Meredith and I are actually sitting here. We're sipping some soul brew,

00:05:29 alcohol free elixir. So we are enjoying a beverage here is alcohol-free and you may hear our ice is clinking in the glasses, but you know, I think us sitting here a couple of years ago would not have looked like us sitting here with, with alcohol-free elixir. So can you tell me and everyone listening a little bit about your relationship with alcohol, you know,

00:05:47 two, three years ago, Two, three years ago. So we're talking 20 19 20 20. That is when I really started to think about how much I was consuming, met someone, a person who founded a company called Booz, which, and they make shrubs. And syrup's that. So it's not alcoholic shrubs and in syrup that you would mix into mocktails week.

00:06:19 I mean, you could mix them into cocktails too, but the term bruise, which is something that she came up with that for somebody who is sober, curious, like a mixology, like the, kind of like a non-alcohol mixologist, a booze, which somebody who creates non-alcoholic cocktails. And so I met that person through a Havana event and she introduced me to her products.

00:06:41 I had been a little concerned with how much I was consuming or just like curious about like how much I was consuming and looking at how much other people were consuming to compare it to how much I was consuming. And just clarity starting to question that whether it was normal, whether it was healthy, how long starting to think about like how long I've been drinking?

00:06:59 I think I probably had my first drink around like, I dunno, 15, 16, like, you know, start experimenting. Not like I started drinking really hard at that age, but you know, I would've tried drinking at that point. And then I'd probably have been, you know, drinking since I was 18, 19, you know, illegally,

00:07:16 and then legally, you know, just to various degrees since then. So, you know, roughly 20 years, which feels like a long, long time to have something that is, has no real health benefits, it's you be a part of your life? So, yeah, I had just started to question how much I was consuming and I met this person and then made a conscious choice at that point to,

00:07:40 to try and swap out some of my regular drinks with this booze wish this, these mocktails that I was making at home. How many times a week would you say you're drinking and how often would you feel the negative impacts of that? So I'm gonna start with the impacts question first. I'm a person who doesn't really get a hangover. Like I get tired,

00:08:05 but I don't get like the hangovers that people really complain about. Like the worst that will happen is I'll get a headache the next day and I'll be tired, but I don't, I don't typically I'm not getting sick in the morning. I'm not, you know, shaky or, you know, we have like cold sweat. I don't get like a bad hangover.

00:08:26 I might have a minor headache that, you know, ibuprofen can take care of. And really the worst thing that I experienced is I'm really tired. I think there's other things that happen. Like I have a little less tolerance and I'm a little bit crankier, but really it all kind of attributes to being more tired. So those are the impacts that I have,

00:08:45 but I also found that due to the frequency that they would kind of compound. So while I didn't have like a super sick next day, I did find the date like it would compound. So one day of tired would leading to the next day of tire related to the next day of tired. As far as frequency, I was, I would, I would have a drink most days of the week,

00:09:08 most days, you know, wine with dinner, most days it was definitely like the exception to the rule was to be a day when I didn't have something. Yeah. So very much what I think most of us would define in our culture and our minds as a social drinker. Would you say? Yeah, I feel like probably most people that I know most of my friends,

00:09:35 most people in my circle probably have very similar drinking patterns to you. And I would say mine were very similar to, so Yeah. And it's, it's, it's interesting. Cause it's say, you know, social drinking. When I say when or when I hear somebody say social drinker, you think like Out, like out At parties, out for dinner,

00:09:52 with friends, et cetera, but being married, you always have a partner at dinner. Right. So for the most part. And so there's always somebody to socially drink with, which I think is really the turning point of like, when I went from, like, when I lived as a single woman, I wasn't drinking at home alone or like just like nights in.

00:10:19 And then when I was in a, like a long-term relationship, living with somebody married to somebody that like, I think my drinking increased and that was part of it is there was always, there's always somebody to drink with. And my partner was a drinker also, and it was what was modeled for me. My parents would have wine at dinner. And so it seemed,

00:10:42 it seemed very, like very much normal and very much like what happy married life kind of looked like, Oh my gosh, that's so interesting. I've never thought about that, but it's true. I wonder too, in, in, especially in certain places like Vancouver, like the, the roommate situation too. Right. And you're right. That there's,

00:11:00 we think about like social being out, but social and as well. It's so interesting. Yeah. Long-term relationships, families, roommate situations. Yeah. Super interesting. So let's be clear here the last couple of years that have not been easy for you. So this isn't just like you had all this time in the world, you had nothing better to do than to evaluate your relationship with alcohol,

00:11:25 as you know, and, and you did this without really, I want to say without having like any serious rock, bottom moment, so you didn't have any kind of interventions or anything like that. This was just, this was a choice as part of your journey that you made. So can you paint a picture of what these last couple of years have looked like for you outside of the alcohol reduction?

00:11:48 Yeah. So when you asked, like, what is, what did it look like two, three years ago, two or years ago was there was basically a turning point in rec I recognized as a span of a year. But when you said two to three years ago, there was a specific moment in my mind. So two to three years ago,

00:12:05 I was really contemplating my marriage and ending my marriage. And it coincided with a uptick in the amount that I was drinking. And then as part of my, my thought process of contemplating, whether or not I wanted to end my marriage, I also thought, well, I should reduce the amount I'm drinking so that I can more clearly contemplate that and reflect on that and come to a decision.

00:12:32 So that was, I mean, 2020, and then 2021, I discovered that my mom had dementia and it, and it was, it was a process of discovery. I went and visited her at Christmas time and things were clearly not right in the house. And so it kicked off a process of trying to figure out what was going on because due to the illness that she had,

00:13:03 she wasn't really able to help us to determine what was going on. And so figuring out what ha what was going on there took five, six months. And then we went through the process of realizing how severe it was and having to let her know what we had now found out, bring her to a realization and then make a plan for what the future looks like for her,

00:13:31 which included some things like, well, getting her out of living alone. So convincing her that she needed to leave her home, finding a new place for her to live, convincing her that, that it was going to be a good idea. Cause it was a move into a, an assisted living. And she's, she's now 74, but at the time she,

00:13:53 you know, and still, she felt quite young and too young to be there. And she, she is one of the youngest residents. So it was an adjustment for her as was this idea that

her daughter was telling her what decisions she needed to make in life, including that she couldn't drive anymore and taking away her driver's license in her car. So all kinds of really difficult decisions and discussions and roles that I'd never experienced in my life and had never anticipated or expected to.

00:14:24 So that took all of 20, 21. And now we're halfway through 2022. And we're basically both of those things have now sort of the had been sorted out to a stable point. They're no longer active sort of crisis and they're stable point down, but that's the last couple of years. I know what happened with your marriage, but I don't think you actually mentioned it.

00:14:51 Oh yes, no. I'm in the process of getting a divorce. Okay. Thanks for sharing that. What about your business? Because I kind of mentioned it in the bio, in your bio. We talk about taking Havana from a physical co-working space to online and it sounds very smooth and clean, but I mean, Right. So I mean, who could forget?

00:15:14 We also had a pandemic in the last two to three years. And so my business, which was a coworking space, the entire business model revolves around strangers having a desire to be in a room with each other, for motivation, community encouragement and everything that was recommended. As soon as the pandemic hit was the exact opposite of that. The self isolation,

00:15:43 the quarantine don't go near people. And I mean, I don't think it was necessarily official, but don't go near people. You don't know that there was definitely in my experience, a cultural belief, like if you were going to break the rules, you broke with the rules with people, you knew that was okay, but you don't trust people. You don't know cause who knows where their hands and mouths have been in and how you might catch COVID.

00:16:07 So anyway, everything that my built my business around was now for all intents and purposes, illegal in, in pandemic times. So my business effectively just shut down without officially shutting down. And that happened in early 20, 20, as we all know. And yeah, so I really was facing, I actually made a couple calls to see what was,

00:16:36 what would be involved in bankrupting my company at the beginning of 2020. So there's a real struggle there to keep it afloat and continue to pay the bills. And I pay, you know, downtown Vancouver, commercial rent. So that was a whole third crisis that was happening in the background across both of those previous mentioned crisis crises. I can't tell you how many times I've seen people,

00:17:08 you know, post online. And I think our culture encourages us. I don't say this at all to, and maybe we should have started with this blame or shame or guilt anybody for any of their relationship with alcohol, because we've certainly, I know I can speak for myself, have been, have had unhealthy parts of my relationship with alcohol and, and then also like put that on other people like pushing other people to drink.

00:17:30 So I just want to say I've, I'm guilty of anything that we are talking about in this episode and any of the growth that we talk about. So that's an, it's an interesting point because when I, I started speaking with a counselor at the beginning of 2020, when I was deciding that I was really contemplating what was going to, I wanted to out of my marriage,

00:17:48 what I wanted to do, like what I wanted from it and whether or not I wanted out of it. And when I talked to her about that, I mentioned that I, one of the things that I wanted to do is reduce my drinking significantly. Like possibly just like stop. And I found it really powerful what she said, which was, why would you do that now?

00:18:16 And my exploration was, well, I want to clear mind. I want to make sure that the decisions I'm making are, you know, from a clear point and not rash. I don't want to, you know, whatever decision I make here, I don't want to be able to look back and point as something else and say, you know, maybe it was that,

00:18:31 that made me think this. And I wanted to know for certainty that it was just all me, like my sober, clean, whatever brain, having thoroughly thought through all, all that I wanted to think through and come to a decision. And their point was like, yes, that makes a lot of sense. And absolutely, but you are already going through many difficulties right now.

00:18:55 And at this point, the pandemic was on you're, you're going through facing many difficulties. Like why would you take away one of the things that brings you some comfort? And she asked a couple of more questions, like, like what, what are the, what are the outcomes from me drinking? Like, is it damaging your life? Like, is it disrupting your ability to work,

00:19:14 to think like, is it disrupting your ability to maintain your house, take care of yourself, take care of, you know, your responsibilities, that sort of thing. Once we determined that, no, it wasn't. She encouraged me to consider whether or not it was really necessary or whether I was putting more pressure on myself at a time when I had enough pressure.

00:19:36 That's a fair question. What, how did you know? No, it's okay. I can take on, in addition to a pandemic, my business, essentially being unable to operate divorce. And then what was soon to become your, your mother getting sick? Like, what was it in the midst of all that to be like, you know what,

00:19:54 I think I can do one more thing here. I mean, I, I definitely, it wasn't like a, from this day and then on, I just, all of a sudden reduce the amount I was consuming. He definitely wavered the benefits, outweighed the comfort I was receiving. And I D and so I wouldn't, I think it was kind of like an everyday or every week kind of a question like,

00:20:22 and honestly there was like, it was kind of like a daily question. Like I would hit a certain hour of the day and kind of think about, do I feel like I can cope on my own? Or do I want a little bit, like, do I want to give myself a break here and just go ahead and, you know, have a,

00:20:40 have a glass of wine or something, and just, maybe I'm not going to cope today and tomorrow I will cope. And then just like being a little bit more mindful of like how many days I'm that in a row. But that, that was a question that I probably ask myself a lot of days and like on a, on a recurring basis,

00:20:56 it definitely, wasn't just like a, okay, now I'm going to do this thing. It was, I'll do the same today. And I'll do the same for like, say a couple of days in a row. And there's definitely a period of time where I was like, well, I'll just do two days where I'm not drinking two days in a row.

00:21:07 And then, or like two days in a week or three days in a week. And then it was two days in a row. And then it was three days in a row and kind of like building up, Yeah. This it's a process and a decision you have to make every day almost. Yeah. Yeah. So interesting. So I've heard you say that the first step is really about assessing your relationship with alcohol and noticing why and when you drink.

00:21:29 So what is a point that you started doing this? I mean, I heard, I hear you say you wanted a clear mind, but how does, how does assessing your relationship with alcoholic, where did that kind of intertwine with your journey? I mean, I started to think about like what it looked like for my parents, like how it was modeled for me.

00:21:50 And I also had this experience, so my father passed away a little over a decade ago and he was a social drinker as well, drank wine with dinner most nights. I mean, I don't really remember exactly how often, but like frequently enough that it just felt like, kind of all the time, you know, never, I never saw them really drunk,

00:22:19 but like, you know, it was just, wine was part of our lifestyle. We, we, I grew up in, in Colona and the Oakenoggen, which is a wine region. And so it's definitely part of like our, our lifestyle and culture kind of thing. And I thought about my grandparents, my mom's parents, anyway, my grandparents would be like two fingers of whiskey with a bit of water or a splash of Coke as my grandma used to say,

00:22:46 just to, just to give it a bit of color. And so there's, you know, lots of drinking in that was modeled for me, but my mom had always been the one that was pretty moderate. So she would have most nights at home. She would not drink, but not with dinner. Anyway, she would, she would have her rum and Cokes and she would come home from work and have a rum and Coke and have a bath.

00:23:10 And like kind of like decompress from the day as KA, occasionally as a child, she would request that I like make her another, <inaudible> get in the batch, drink, rum and Coke decompress from the day. And then, you know, some days were harder than others. And so she'd ask me as a child. I don't remember exactly how old,

00:23:27 but like, you know, old enough that I can do these things competently, but she asked me to make her a new one. And she told me, you know, like how much to pour of, of one of the rum and how much curve of like poke. And I bring this in, I feel the need to kind of like put into context.

00:23:43 Like I grew up in the eighties, this is, this was a normal thing. This was nobody would've looked at. Sam looked twice at this or thought anything weird of that. And so, but for the most part, she was, she was more moderate than my father was my, like my father. I recall him drinking wine most nights at dinner and outside of those Roman Cokes,

00:24:02 right after, after work, my mum wouldn't drink any further, but my father passed away a little over a decade ago. And after that, my mother started drinking quite a bit more and, and more frequently and more, more consistently and just quantity also more. And that changed. I definitely noticed and didn't love. And I saw like some of those behaviors reflected in,

00:24:37 in what I was doing, like in, in the frequency, like, cause she, she, she started drinking wine more. And then so which was, you know, my preferred beverage and, and

there's just some similarities. And I don't know, I feel like it's very common women just can't stand when we see are the behaviors of our mothers in ourselves.

00:24:59 And so that really made me think about my relationship with alcohol because I had kind of a weird mirror to kind of look into. And I, yeah, I think like a lot of women would be able to relate to that, like seeing ourselves or seeing our mothers reflected in ourselves and how that will force us to really evaluate who we are,

00:25:23 what we're doing. So good. So true. It's interesting because my family is the exact opposite. My parents like never drank and my dad would have maybe a couple of beers a year, a year, and it was always kind of a big deal in our house. He would make jokes about it. Like tonight was the night he's going to have a beer.

00:25:43 And my mom never drinks. She'll have like a little sip of something. I'll say this, my dad loves sugar. And now that we've discovered ice wine or like a late harvest, my dad will drink a little glass of that, you know, at the holidays. But my mom, like, I just never grew up with that. And for me,

00:25:59 I almost feel like my journeys kind of been like I went from, I guess what I want to say. That's maybe consistent. And I think a lot of people can probably relate to this. I never saw a healthy relationship with alcohol. I saw no relationship with alcohol by my parents. Didn't really choose it consciously. They were just always like very afraid or had a lot of like negative things to say about alcohol and not to say that there,

00:26:22 there, there are definitely negative things about alcohol, but they were always just horrified about it. And it was this huge block or wall that would go up whenever there was alcohol around or discussion of alcohol versus it being conscious decision to not engage with it. I don't know if that makes sense, but I think that that for me was really interesting. I,

00:26:42 I, at point in the last two years for myself too, I think close as well to when the pandemic hit and everything started to shut down and I was alone in Vancouver with Sonoma and Troy was away. I was like, okay, I'm the decision maker? I'm the only one to keep, not just myself, but my child alive and what's going on.

00:26:57 And I was like, I need to have a clear mind for this. And at that, I think shortly after that, I realized, wow, I actually have no idea what it looks like to consciously choose when to incorporate alcohol in my life when not to, and, and do that from a place of loving kindness for myself, and also appreciation for some of the positive parts of alcohol,

00:27:19 but just being intentional about it. I'd never seen that. And I think, I think that's something that's coming new to our culture because I think a lot of the previous generation either did or didn't do it out of habit, out of what was modeled for them out of, out of the culture. Right. Cause we all just kind of churn in our culture and don't stop to question things very often.

00:27:37 So I'm really grateful for this conversation when we are actually stopping and questioning and doing this. And I'm grateful to have you as a friend, that's on this journey too. It's really special. So I'm curious, you mentioned clarity of mind, maybe a couple less headaches. What else do you see as the benefits in your life, in the way you show up in the world and in all aspects of not consuming alcohol?



00:28:05 Yeah. I mean, there's a lot, I mean, just like the, you know, the impacts of drinking compounded, I find the impacts of not drinking or the benefits of not drinking also compound. So one of the things that I discovered, cause I kind of thought, you know, like you take a day off and great now you don't have a hangover,

00:28:24 but if you take like three days off, five days off, a week off, couple of weeks off, there's all kinds of things that come out of that. Like clearer skin. Like, I mean, I, I dropped a little bit away. Like I'm gonna start with vain stuff, clearer and clearer skin, really like just nicer complexion, like,

00:28:45 like a more vibrant complexion and like less like congestion in your skin. I randomly, I find the whites of my eyes are way wider when I don't drink. I have not necessarily looked or noticed Pay attention Now To, And like joints. I now noticed, like if I, if I have a night where I drink a lot of wine, like my joints in my hands,

00:29:14 sometimes my knees will be achy afterwards. So that I, I D it's just something that I, I never like really noticed when I was drinking more regularly, but now I will notice if I have like a bigger drinking night. So just like body, your body feels feels better. I mean, I had, when I was, I, there was a period of time in like 20, 21 while I was dealing with my mom where I was drinking quite regularly.

00:29:42 And like, I will look back at pictures of my face is puffy. Like, so there's all kinds of like vanity stuff, but like just your body feeling better. And you know, the next day, like, or day after, when you don't drink the clarity of mind, it gets clear and clear. The more, the longer you abstain memory,

00:30:08 you're able to just remember things better, not just like, like obviously alcohol impacts your memory, like when you are drinking, but when you've not been drinking for numerous days, I find like my mind just got sharper and sharper in a way that I really hadn't like noticed, had gone. But like now I just, I dunno, I thought I,

00:30:30 maybe it was just like age. You're just, you know, a little bit more forgetful and like you have more on your mind. And so your ability to, to deal with stressors and complexity of life increases when, when you're not drinking. I mean, there there's a lot. That is a lot. I love how you say that. A compounded that's,

00:30:53 that's a very, that's a really cool way to describe it. Yeah. I would find to, we spend a lot less money. There's also that yes, a hundred percent I think before, I don't know what the number is, but we would spend a hundred or \$200 probably almost a month at the liquor store. And I just went last week.

00:31:14 And that was the first time I'd been since December and granted, I still have wine. Like I have, I have wine racks and we have like our at home, but we still, even though we had stuff at home, like we'd still consume enough of the kind of like day to day stuff that I would need to go to the liquor store.

00:31:28 And now it's August, it's been like seven or eight months, nine months, like such a long time. And I'm like, wow, where'd all that money go. That's another question for another day. But yeah, I definitely noticed that. And, and going out for dinners away from meals, I mean just The difference in your bill. Yeah,

00:31:44        Definitely, I will say one because it's being like super curious something I'm, I'm incorporating more sober days into my life, but I'm not going sober. Like that's not exactly, that's not my goal at this time and I still really enjoy wine. And so one of the benefits for me is that now when I want, when I want to have a bottle of wine,

00:32:11        I will happily go out and spend 30 or \$50 on a nicer bottle of wine. Cause it happens once in a while, rather than so frequently. And there's definitely a time when I was, you know, going when I would be going and buying wine. And I have like a spending limit. Like I wouldn't want to buy like a bottle of wine over like 25 bucks.

00:32:34        And like, if I could find a bottle of wine or 20 bucks, I was like, great. And then like, I like, remember that wine and go back that, you know, like goodbye, like these mall of lines, it's under 20 bucks. And now like, I just, I don't have the guilt if I want to, if I want to buy a \$35 bottle of wine,

00:32:48        because I want a nice bottle of wine, I'll happily buy that \$35 bottle of wine. I get to enjoy a nicer experience because I'm not doing it every day. Yeah. So good. That's so true. Yeah. I think less guilt around like really enjoying it. I'll just give you context. We, we get bottle of wine, we get wine me at like a,

00:33:12        you brew and it's like our cheap wine. I don't, it's roughly like six or \$7 a bottle, which is quite a savings. And I in the past have used it for sangria and that's the thing. But also it's been like, are like after I've had the nice bottle of wine or two nice bottles of wine that we pull out this stuff.

00:33:29        And it's so interesting. Like just even saying that out loud as kind of mildly embarrassing to be like, wow, I, there was wine that I drank and consumed and I did it the other night for the first time in like two years probably where it's like, I drink it and I don't even taste it. And I, there's something really to be said,

00:33:48        I think about like, not going down that path in terms of, you know, cost and health and, and, and just presence. And you know what I mean? Like being able to pick the wine that I actually want to drink or the cocktail that I actually want to drink and really love it and enjoy it and savor it as opposed to just being like,

00:34:07        how many do I have to drink until I don't even taste this or remember this anymore. So I, I love that you said that, I don't know if you can relate to this too, but I also feel like, you know, you talked about like clarity of mind. I also feel like clarity and connection to soul or like spirituality or my,

00:34:25        and my intuition, I would say as well. Like I feel like it's just kind of clarity all around. It feels like, I mean, alcohol is a number, right? So it feels, it kind of shuts down. I'm using the word channel here, like shuts down some of those channels or some of that knowledge accessing. And I found it my brain,

00:34:41        but I also find it in my intuition and my ability, like my intuition is getting so much better. Maybe I'm trusting him more. I don't know. Maybe that connection just feels much stronger than it does when I have alcoholic when I have alcoholic feels like I have no idea what I really want and removing that. It gives me that clarity<inaudible> yeah.

00:35:04        I don't know that I've really analyzed or spent any time really reflecting on that. I mean, definitely like In look at the whites of your eyes and your Soul. I mean, definitely

like, like as far as like it after like ha or like having a period of, of like not drinking, whether that sharpens my intuition or not. But I mean,

00:35:23 definitely like if side-by-side comparison on a day that I like say am drinking, like, absolutely I do not trust my intuition. Like there's rules, no texting, like don't make big decisions. Like, you know, I, I, and maybe that is also a change in how, how I consume now when it was much more part of my life,

00:35:48 it was part of my life. So I would go about my every day and then, you know, come a certain time day. Then I was just going about my day, well, getting tipsy. So whether that involves having conversations with partners or family members responding to like late evening emails or text messages, like I would just do that regardless of if I've had one glass of wine or three or four.

00:36:24 And now when I choose to drink, there's absolutely no responding to emails. There's no having deep conversations with friends, family members or partners. I mean, I'm like, I was still having those con Logan's still having conversations, but I'm not having conversations with the, the goal of like making decisions, like no, like discussions with like some kind of outcome in mind.

00:36:53 You know, sometimes you do have deep discussions while drinking, and there's like some things that, you know, you discover and you're willing to talk about while drinking that, you know, that you weren't. So, but, but there, I'm not having those discussions with the idea that we're going to make decisions really something's going to change out of them.

00:37:09 They're religious they're discussions that are just occurring because they're occurring or for Entertainment. Yeah. And enjoyment versus Yeah. Utilitarian. Cause you still have to live life when you're drinking. Yeah. Yeah. So, and yeah, no texting, It gives them good roles. If anybody's also wanting to be sober, curious, I hope you're picking this up. No texting,

00:37:30 no emails, any other rules? Well, I mean, it's also amazing the fights that you don't have when you're don't drink. So no deep decisions, No deep decisions. And don't, don't, don't try and solve problems while drinking. It's kind of like one of my rules, like that's not, that's not what we're doing at this point. I think drinking it like it,

00:37:51 I view it as more of a, like a numbing effect. Like if I choose to, then I'm also choosing to do nothing. So when I decided like I'm going to, I'm going to have some wine tonight. I will often look at my calendar and say like, look at what do I have tomorrow, which I guess is a very normal like behavior for a lot of people,

00:38:17 but it wasn't for me, but I will now look at my calendar, go what's tomorrow. Can I afford to be tired tomorrow? Can I afford to be not out like a hundred percent tomorrow? Yes. Okay, great. And in like, what, what do I want out of this? Like, is it because I've been stressed lately and I just want to not feel that stress fine.

00:38:39 Great. But is it because I've been stressed today and I want it, like, I want to solve something and I, because in the past I would think that drinking with some house solve it, but now I'm kind of like, well, sure I'll drink to you. I'll have some wine to enjoy and forget things or like put, not necessarily forget,

00:39:01 but just put them into like a corner in my mind. And it's not, I'm not worried about being tired the next day. Like I will happily, you know, enjoy some wine to have a distraction and an enjoyment, knowing that I will, my goal for the, that time is to do absolutely nothing. Like it's. Yeah. I don't like I can't,

00:39:22 I can't have one and yet, and also want to accomplish anything. How should we ready for apathy for the next couple of hours? That's, you know, like as long as that I can have room for apathy for the next couple of hours, then I can't room to have some wine. If I want, I hear, I love what you're describing.

00:39:41 It feels like the rules for mindful drinking. It feels like about being intentional. Right? Like I'm looking ahead. And I think it's so interesting how maybe, maybe some people have been doing this all along, but I bet you, a lot of people haven't how talk to me about like the culture and friendships and relationships, like, cause I don't know about you,

00:40:02 but I sense a lot of people don't question these things like a lot, like people don't look at their calendars, people don't question each of those drinking habits, people that we don't and therefore we don't question our own. What do you think that says about our culture and what do you, what do you see kind of in a larger, larger picture there?

00:40:21 Yeah. I mean, I think there's definitely like a, like a, a wine culture and like there's, I mean, you can look at all the memes. There's always like memes of giant glasses of wine and like wine ma and like all the little cups it's like mommy's little helper or whatever that is. Oh my gosh, mommy wine culture is real.

00:40:42 Yeah. Yeah. And I've been a part of it for sure. And so I think Entrepreneurship too. Oh, well, yeah. Like it just business in general, like in, in professional situations like networking, there's always booze involved. I think that as we grow up and into responsibility and those, you know, we all like accumulate more and more responsibilities and over time,

00:41:15 you know, you no longer have the innocence of youth things happen in your life. Like hard things happen in everybody's lives and not at the same time, but kind of as you and your cohort are for me as me. And like my circle of friends and family kind of grew up started like having children, getting married, other, you know, having ailing parents or,

00:41:42 you know, started businesses that were successful or not successful at these things kind of like pile up those responsibilities, those worries. And then we seek out and maybe chase some times that were a little bit simpler. And so you make these little dates like, oh, we're going to meet up and we're going to have a wine night and then you kind of drink to excess,

00:42:04 but you're still having, or at least I was still having wine every night. This was just a special occasion to have wine with other people and more of it. And yeah, nobody really questioned, like, I, I would, we would kind of do like do wine night maths. And so everybody has to bring their own, like bring a bottle.

00:42:24 So then if there's three of us, now there's three bottles. Like nobody would bat nigh if we made our way through those or more. Yeah. There's always kind of like, there'd always just been a little bit of a, it's fine. Like this is normal. We're all doing it. Like if we have this wine night together and we drank three bottles of wine and there was three of us or four bottles wine,

00:42:48 and there's three of us, then what's the difference of, I drank one bottle of wine. It's just me on another day. It kind of makes it okay to like the, the quantity. It makes that okay. At other times. Okay. Does that make sense? I feel like I, Yeah, yeah, it does. It does. I know we normalize it,

00:43:11 the amount, the frequency, and if you do it, then I can do, and if I can do it, then you can do it. It's almost like we kind of spiral together if you will, in our culture around it. Yeah. I'm curious, you know, we've talked, we talked a lot about like coping and actually I'm gonna,

00:43:32 I'm gonna say one thing too, that we haven't touched on, but I do think it's real. And I think it's alcohol does have some benefits, you know, alcohol, we talked about it numbing and kind of quieting the day. One of the other things that I read a really great article, I think a couple of weeks ago, talking about it as well,

00:43:47 and that alcohol does serve a purpose around like social lubrication and just making social interactions, easier, giving people a little bit more confidence and that piece as well. So I think, I think that's one that I like, I don't want to understate. Cause I think that that is an interesting piece there. And I'm not saying that to say, oh,

00:44:05 well, if you want to have fun and you have, yeah. Oh yeah. So it's not about saying you have to have alcohol to have fun or you have to have alcohol that whole to make new friends or to be outgoing or to feel confident or any of those things. But to say that, like, I know you said like there's some days where you're like,

00:44:18 you know what, it's okay to have a glass of wine and kind of put that problem in a box over there. I have found that there are times for myself where I'm like, I'm going to have this glass of wine to just like get into this group people and just like relax a little bit more into it. Not to say that I do that every time,

00:44:34 because then I have to start looking at how do I actually build confidence then if I'm really that uncomfortable or how do I, how do I connect with people without alcohol, all of these great questions that are important to ask in terms of mindful drinking and just mindfulness in general. But that is one I do think it is like it's can also really help you have fun.

00:44:55 Yeah. So that is actually one of the benefits of not drinking that I think I just overlooked and is probably the most impactful for me. And the biggest flip or switch that was flipped. I, I now crave opportunities to be out and without drinking. Like if I like, I no longer rely on booze for like to deal with nerves and I don't know what happened or how it happened,

00:45:29 but I've kind of just mastered, well, don't want to, I don't want to jinx it, Knock on Wood. I feel that I've for the time being mastered social, social outings without booze. And it's definitely not to say that it doesn't still feel awkward to be the one that's not drinking, but I no longer like get the nerves to walk into a room and start talking to people without,

00:45:56 you know, a glass in hand I've started dating. And like, it's like, nerve-wracking Zach can be, I still, most, most times for states or for me, or no drinking, or at least no drinking for the first like couple hours. And then I might choose to have a drink, you know,

after, after a while, or like kind of getting to know the lay of the land or like understand who I'm out with and,

00:46:26 and feel comfortable and then decide. Yes, I do. Like that is something that I, I kind of want. Okay. So tell me some of these tips. Cause I'm like these, I think are things that people would find very challenging and maybe you have other challenges too, but like off the top of my head, I'm like, okay,

00:46:43 biggest challenges people have, like, how do I, how do I go to a networking event? How do I make connections with friends? How do I, how do I date? I go on a first date? Like, isn't it going to be awkward? Am I going to be nervous? I don't know what other, oh, one of the things that I find,

00:47:02 and this is kind of, it sounds kind of funny, but I was, when I was pregnant, I was, I found myself at a party and I was like very visibly pregnant, like eight, nine months, like up there and I had a dance floor and I remember dancing and realizing, oh my gosh, I can't like, even though like,

00:47:18 I'm just, I just love to dance. But in the past I'd always like, kind of had a drink in my hand so that if I ever did a really weird move, then I could always just be like, oh, I must have just had too much to drink, but it was kind of my crutch. I could hide behind it. But when I was eight,

00:47:31 nine months pregnant, it is much worse to be really drunk at that point than it is to just have a bad dance move. And I just realized how much I hid behind alcohol being like, oh, that was why I did that kind of silly, funny thing. That actually was me, but it was, I always had alcohol as excuse if I was being overly silly.

00:47:51 Whereas I lost that kind of, I lost that excuse. I lost that mask to hide behind. Yeah. I mean, I still can't dance without drinking. That, that is still a thing. I did it this morning after a cold plunge and it was a supervisor with me next time I will dance at home alone. No problem. Silver fine dancing in public that I have not yet accomplished doing that without beverages.

00:48:17 Okay. Well I will help you dance and you can help me talk to people and we'll figure, we'll figure this out. It's definitely, it's absolutely awkward. And it's is, you know, working through the discomfort. And I think if anything like that, I guess that's the benefit is that I became, I became more comfortable with being uncomfortable. And then once you experienced being uncomfortable and moved through it,

00:48:41 like in those situations and you just, it just becomes easier to keep doing. So what suggestions and ideas do you have? You've shared a couple of them, but for navigating these, these things, I'm thinking like friendships dating, maybe in particular, like those kinds of real social outings, how do you navigate perhaps being the only one sober or having been the person that is always the one drinking to now?

00:49:07 Not like how do you navigate that? Hmm. Yeah. What Ideas or suggestions do you have for others? I mean, hopefully you've got people. I mean, like I had really great people in my life because I was going through so much. I kinda had that moment where you filter through your friends and the people that I was associating with or like spending time with were all great people who really just had my best self in mind and our intentions.

00:49:39 And so if I didn't want to drink, nobody was forcing that on me. And that would have been different if it had been, say five years ago, if I had showed up somewhere and said, you know, I don't, I don't want to drink. I definitely would've faced a lot more pushback. I think there's a lot of projection too.

00:49:58 Yeah. Yeah. A lot of like, I don't want to look at my bad drinking habits cause we probably all know we have, or a lot of us know we have them, but don't want to face them. And so I don't want you to look at yours cause you're highlighting mine kind of what we were talking about that reflection, right? Yeah.

00:50:13 You were talking about it with mothers, but it happens with all of us. So yeah, I can relate. I think that's, that's a, I think that'd be a, probably a pretty common thing that people might experience some great. That's really awesome that you didn't. Yeah. And so I think in like, where am now, you know,

00:50:28 I'm at the time I was very selective with who was spending time with just because I was, I had so much on my mind that I really didn't have a lot of energy for anybody that wasn't Going to see where you are. Yeah. Yeah. I just, I needed, I really needed to be around people who one sort of knew what was going on with me so that they could have a little,

00:50:51 just be a little bit, give me a little bit more grace. I just required a lot of grace at that time. I didn't, I just didn't have a lot of bandwidth or like brain capacity to deal with the superficial conversations, superficial interactions to be overly. I didn't have a lot of grace to give other people. So I really needed people who,

00:51:12 who knew what I was going, what's going on with me. So I, I didn't have to extend like using the very limited amount of energy that I had left for, you know, just general society, like socially being polite or you know, that kind of thing. So where I am now, you know, I have a bit of a wider group of people that I'm spending time with.

00:51:37 I've, you know, reincorporated some of, some of my friendships that had been a little bit more superficial or a little bit more, less deep, which I guess is the same thing. But back into my life and I'm spending time with people, you know who, I mean, everybody is, everyone was going through things. And so, but I now have more capacity to give other people grace.

00:52:00 So now I'm a little bit more selective about where I'm going. And so if, if it's, you know, like if it's going out, people are going out to a bar or a restaurant that I know is going to be like a lot of drinking. Like I might not do that. And like, so like dancing, so like outdoor concerts,

00:52:20 I have kind of a no on outdoor concerts because I know like if I don't want to drink, I'm like, I know that I, I don't feel comfortable dancing, sober. And so if I don't want to drink, I'm kind of, that's going to make me feel really uncomfortable. And I also really don't like being really hate being the person who is like,

00:52:38 not fun. I hate feeling like the wet blanket. So I'll avoid situations where I think I might, I might feel like the one that's just not. And I, and I do like look for opportunities where there, there, it will be either with people who are more understanding of not drinking or it's like, whatever the circumstance is, the activity where it's not drinking,

00:53:06 isn't the focus. So I started looking for things where there's, there's more to do than just eat and drink. So, yeah. And I've seen you lead a lot of these things too within her Ivana and just in your life, like what are some of the fun things that you've done that don't involve alcohol that you maybe wouldn't have done before? Hmm.

00:53:22 I mean, well, the change in lifestyle has been quite, quite drastic. Cause I mean, there was definitely a time where like I only did activities that would allow me to also drink. So like I would, I would make a point of not like I would only go places where that were accessible by our public transit. So we have a great put like sky train system here.

00:53:43 So I definitely wasn't like going out to, so one instance, one example is things that I didn't do was there was like a, in the fall there's like a corn maze or like Halloween, like haunted maze kind of thing. That it's a good hour's drive out of town. I think it's in Langley or something like that. And I wanted to go,

00:54:08 but I, it was counterbalanced by the fact that I would have to drive for an hour, which means that I couldn't have any drinks while I was out there and then drive back for an hour. And it, it, ultimately in that instance, I, I chose not to go. I'm like, it's too much of a hassle to get out there.

00:54:23 And I don't think I'm going to have as much fun because I'm not gonna be able to drink. I'm gonna have to drive, not gonna be able to drink. So, you know, you kind of like have that, that argument with yourself. And then I decided not to go. And I kind of, I don't know, I regretted it,

00:54:38 but also not enough just to go the next time. Like I stuck with that decision, you know, that that was an event that goes on for a couple of weeks or a few weekends in a row. And I made a decision that it wasn't worth it. Cause it was going to be not as fun if I wasn't drinking. And so then I just continued to be okay with that.

00:54:55 Like as much as I regretted it or kind of like had FOMO, I wish I had gone. I still didn't wish that enough to change my mind and then do it because I had multiple opportunities to do it later. So now like it's, it's so, quite drastically different. Like now I will happily drive places and I very rarely drove previously. I mean,

00:55:18 part of that was being a part of a couple. You kind of just fall into some roles and I just didn't drive as much, but now I have more happily like drive to things. And it's such a nice thing to be able to leave an event and just get in your car and go home versus having to wait for an Uber or find, get to the sky train,

00:55:40 or, you know, figure out how you're going to get home from things, because you know that you wanted to have a couple drinks. And so I find life to be a lot simpler now to be able to just get out of there and get home back where, you know, like in the comfort of your own home and into your bed and at the end of something.

00:55:55 But your question was, what are the things that I do? I mean, I think that I participate in a lot more now I'm a lot more active because I, it's not restricted by whether or not I could drive or not. I'm. So I'm more willing to go out, drive to places, go out to places like a corn maze out in,

00:56:13 out in Langley or, you know, wherever and, and not be worried about whether or not boost is going to be going to be available there or not. We've done paddle boarding,



Yeah. Paddleboarding was a Falcon And we went fall cunning. Yes. I mean that, yeah. Okay. That's a whole other podcast on mushroom foraging and photo taking Mushroom foraging.

00:56:42 What else really Does cool things. Yeah. I mean, yeah. I think Even when you asked me for Today, Can you share that? What did she, what did you ask me for it when you came to buy us? Well, because, so, you know, like back on that, that topic of, of dating, cause it's very different dating without drinking and it was different.

00:57:05 It was definitely an adjustment. I mean, I don't know how I survived to the first go round. So being, you know, let's say you start dating like as an adult in your twenties, like in college, like it was nothing but I'll call and I almost, you know, as far as like relations, excuse Me, I'm talking about relations,

00:57:28 relations, Relations, Right? Let's Go. I mean, like, I don't think, I don't think it prior to being like 20 years old, like after like the first couple times, I don't think I had sex sober hardly ever for the first time, like with somebody, do you know what I mean? Like your first encounter with somebody was,

00:57:49 I was almost always at least a little bit drunk. Like I don't know how I survived dating before I was married. When I look back on it, like there were so many just questionable decisions, like putting myself in questionable circumstance, like the amount of drinking that I did on dates. Like I am just lucky to have gotten out of there unscathed some of the stories that you hear now.

00:58:19 Yeah. I just looked back on that and count, count my blessings. I was very, just very lucky. And so Also just yes, yes. And also we sh yeah. Men also need to not take advantage of those situations. So both of those things are, are true. Yeah. So, I mean, I think part of it is also like,

00:58:40 you know, I w I had been married or, or in that relationship for about 10 years. So you grow up a lot and then you're you hear, like when we hear these stories a lot more now too, like just the accessibility to like, like just with internet and the things that, that make it to the news and the stories that you hear.

00:59:01 So it's much more like we've all heard more of these stories, and as you get older, you start to, I think, or at least I do become more careful and recognize that these things can happen to you. They're not just things that happen to other people. And so you become a little Earl. I become, I became a lot careful.

00:59:21 And so, you know, having been out of the dating scene for well over a decade and then getting back into it and on top of the fact that, you know, so being uncomfortable and new, to new to it again on top of like, just having this knowledge and awareness of these bad things that happened in the world and knowing that like,

00:59:44 you were not immune to it. I just, I wanted to date with like, I, I just did not want to be drunk while dating. Yeah. Just was a lot more responsible for my own self. So it was, it, it has been really weird. I actually, I seek out people who, because apps, I don't, I,

01:00:08 you may not know because you've been married for some time as well, but in dating apps, now you can put in like, how much you drank. Like, if you're like a social drinker, if you never drank, if you drink a lot or like, I don't think they say I drank a lot. I think the options are, you know,

01:00:23 like never drank socially drank or like frequently just drink. Like, it's just like just a person who drinks. I can't remember exactly what the language it is, but it just says like, you kind of have those options. And so I will definitely consider that one. If I'm looking at profiles and deciding to swipe right or left, it will, I will,

01:00:49 I'll take that into consideration. If, if it says that they are just social or they don't like that, like they don't drink. That's a plus I'm there for that. Nothing gives me more relief than knowing that I'm going on a date with somebody who doesn't drink and I don't have to drink. I'm like, great. We can, we can just have like a normal conversation.

01:01:06 And now that it's not normal, what's the wrong word. There. We can have to stay a sober conversation where everybody means everything that they say like that there is something so nice about that, that any, like the conversation that I have, like in this very awkward situation of meeting somebody for the first time that like, I will feel comfortable with everywhere that's coming out of my mouth and that I can count on every word that's coming out of their mouth to be as like well-intentioned,

01:01:37 as, as I judge them to be. I had an interesting experience where I, I went on a date night. I, I, we, we were like, we, we did go to like, out for a drink, like that was, the date was going for a drink. So I knew that I was going to have some drinks,

01:01:55 but I also knew that I didn't want to have a lot. So I ordered one and just kind of, I think it was a cider. I drank the cider very, very slowly. And the person I was out with had probably three drinks in the span of my one. And then we decided to go to the next place. And so I was like,

01:02:15 okay, well, I'll have one more, you know, at the next place or I'd want. And again, kind of like same thing. They had about three drinks to my one. I watched this man get drunk sitting across from me. I also watched how based on his actions and reactions that I was becoming much more attractive to him. Like he was finding me more attractive as the night went on as he was drinking.

01:02:43 And it was such an eye-opener for me. Cause like I just, I had never been on a date where I was sober and the other person was not. And I mean, if we're going to like qualify sober, like I was, I mean, I'd had two drinks, but I was like, mostly, you know, as close in my mind was mostly as clear,

01:03:01 but as clear as, you know, as it is when it's completely sober. And I, I just never been on a date where the other person was much more drunk and I'm sure that I have been on a date where I was more drunk, positive that that happened in my twenties. I had never been on the other end of that. And that was the first time.

01:03:22 And it, it just like, of course, like projection, right. I just sat there and thought about all of the times where I had been the drunk person on a date. And I just came to that decision at that moment. I'm like, Ooh, I'm, I'm never doing that again. Like, I don't like, that is not who I want to be.

01:03:42 I also like seeing the way that, like the difference in how he viewed me, I realized that like, he probably like, if I were to meet him again, like, or go out with him again, then the next time he probably wouldn't like, it would probably go the same way. Like he'd have that same level of like, you know,

01:04:03 it kind of like, we didn't really hit it off at the beginning. Like it was a little bit slow, but by the end of the night, he was fully like enjoying this, you know, conversation or whatever it was like. And so I think if we would go on, on the second, on a second date, I'm pretty sure that we would have shown up and he would have still been as ambivalent at the beginning as he was on the first and likewise.

01:04:29 And so that, that affection that I think he, he found after his like four or five, six drinks, it was false. Like, it wasn't, it, it was definitely influenced by the alcohol and, and I just didn't, I didn't want to have that cloud, my judgment and me think that I was attracted to somebody that I really wasn't.

01:04:52 And it was just because booze made me less having have a less critical eye or like have that apathy. I mean, that's like your life partner, such a huge choice. So that's really interesting. I'm like, definitely thinking back to our first dates<inaudible> but I think I, we were, I think ours, there was a lot of silver, a lot of overtime,

01:05:20 but I can totally see how that makes a big difference. So what about civil relations over Relations? Yeah, no, I also like that was also something that, you know, doing that for the first time after being married and in a long-term relationship for over a decade. I mean, there's a vulnerability there. There's all kinds of, Are you nervous?

01:05:48 Oh yeah. Yeah, absolutely. Very much so. And self-consciously, self-conscious about like my body, like the last time I was single and dating, I was like 27, 28. And I'm going to go ahead and say that I was a hot young thing, you know, like hot young body and going into that again at like, like 10 years later,

01:06:14 you know, your body, you age, you brought a changes and yeah. Being really self-conscious about being naked in front of somebody else. And, but the same things of like, you've heard stories you have to be like, I just, I just felt the need to be more careful. Like I just did not want to be drunk for it.

01:06:30 Like there was definitely there's thoughts of like, well, I could get drunk and then like, get this over with, but I really just didn't want that for like all of the reasons that I said about like, not wanting to drink while dating same thing. I don't, I didn't want that sleeping with somebody. And so, Well, he way being like that was the best he ever really,

01:06:53 it was the cocktails, The cocktails And not that cocktail. Yeah. So, I mean, I CA yeah, I'll share it. So like, I specifically chose somebody who did not drink to be the first person that I myself with. And so that we would both be sober. Cause again, I didn't want that experience of one person being much more drunk than the other,

01:07:24 so, but yeah, so we would both be sober and that I would feel safe and that everything that I did, I would, would have done like intentionally and would have like, meant it. So, yeah. But it was nerve wracking Before, during, after For really getting into it, it was definitely nerve wracking, like thinking about it,

01:07:51 like kind of like knowing that it was coming, because like, I'd been on some dates with this person and we kinda got to the point where like, that, like, that was gonna happen was gonna happen. So it wasn't like, it wasn't like a, like a one night stand situation. It, it was somebody that I had gotten to know a little bit,

01:08:10 but it's still like super nerve wracking and yeah. And then like, kind of once, like, like once we had like we're in the same place and like had, had like conversation and like got kind of comfortable, like it's then it became just more like dating jitters rather than like nerve wracking. And so, you know, once you're you, like,

01:08:35 once I made the choice, like this was going to be an evening where I wasn't drinking and they're like, this is kind of what was going to happen. It all kind of flowed pretty naturally, but there's like the lead up that like waiting like until like the time that we were going to meet and like getting there and that kind of stuff was,

01:08:54 yeah, absolutely nerve wracking. Thank you for sharing that. You're giving me daggers. No, no. The reason why I kind of like just prodded in there, just, I think it's interesting to hear like how much our minds play games on us and like, we're nervous about what is going to happen or what might happen in the future and what I think alcohol sometimes pull like pull us out of that,

01:09:25 but it doesn't pull us into the present moment either. And so yeah, what I think is really interesting about what you said, it's like, I was nervous before, but once I was there and just it flowed, and if you had drank, maybe you wouldn't have been nervous before the flow also would have been different too, right? Yeah. I was just curious,

01:09:42 like at what point that that kinda got easier because I'm sure there's somebody else out there, whether it's relations or a first date, or going to family dinner at Christmas and saying no to the wine and not feeling comfortable with that. There's like, whatever that moment is or going to, you know, work happy hour and being the only one, not drinking.

01:10:01 And, and I think as women too, I think there's another layer in here that we haven't talked about. But if you, somebody who has drank in the past, as soon as you stop drinking, then people are like, are you pregnant? Cause it's like the only possible comprehensive reason in the whole world, why someone would decide to stop drinking.

01:10:18 So anyways, I, I guess I just, there's going to be somebody else listening to this. That's going to be feeling nervous about that situation. And I think it's really helpful to hear when that goes, when that goes away or how you navigate that. Yeah. I, I was thankfully spared that. Are you pregnant question? Because I had separated,

01:10:38 like for the most part, when I was doing, going through this, I was in the process of separating from my husband. So, or I had separated from my husband. So that wasn't a question that people were willing to ask me. They might've thought it, but they weren't willing to ask. So do you generally, this is very tactical.

01:11:01 Do you generally have these conversations with people before, whether it's friends or dates, do you have that conversation before you meet them to say, Hey, I'm going to be drinking? Like how did, how did you navigate that? And I'm trying to about the person that's sitting there that is maybe where you, where you were a couple of years ago,

01:11:19 trying to hearing and listening and thinking, wow, I want to kind of reevaluate my relationship. I want to be more sober, curious. I want to be more mindful of my drinking. When do you actually have those conversations? Do you do it like when you walk in and someone pass you a glass of wine, or are you doing that beforehand?

01:11:33 How are you, how are you navigating those With friends? When I go out with friends, I'll all often like, we'll have a conversation. Like now we'll have a conversation where like, they might ask me, they're like, are you think you're drinking today? Or are non-drinking kind of thing? And then they might make a decision to either to,

01:11:49 or not, not to drink based on what I say. I feel Like we've had those conversations. We have definitely had those conversations and I Appreciate those very much. Yeah. And but yeah. So with friends, I'll let them know in advance. Like, so maybe if I'm doing like the asking, if, if I'm asking somebody to go for dinner or go do some activity,

01:12:08 I might, I might say like, Hey, Hey, do you want to grab dinner on whatever day? And they'll, I don't know, like the, the order in which it happens, but like maybe they'll say like yes or no, and I'll say, yeah, but like, I don't think I'm, I don't think I'm going to drink tonight kind of thing.

01:12:24 So it might not happen during the planning, but like on the day of I might message them or like, we'll communicate and say, oh yeah. So we're meeting at this time at this restaurant, or do you want me to pick you up or whatever, you know, whatever, those Just dropping stuff all over the place. Sorry, whatever That My wedding ring,

01:12:41 Whatever, whatever that, you know, that kind of looks like. And I might say at that point, I'm like, I don't think I'm gonna drink tonight, but you know, like obviously you do what you want to do, but just as an FYI, I typically will let people know in advance. And I think that's more for me than it is for them.

01:12:53 I think it's kind of a bit of an accountability thing. I think I'm making it, like I'm making a decision before I'm at the restaurant and tented and folding the wine list or whatever I'm making decision of what I'm going to do. And then I'm kind of stating that with dates, I've not really like outside of me making my choices as far as like who I'm going out with.

01:13:13 I've not shared that information as much. What is your profile? Say? What category are you? I quit socially. Cause I mean, I feel like, I mean, I, I do have friends who are alcoholics. Like I know people who are alcoholics and it feels authentic for me to say that I never drank because I absolutely do. But the choices isn't like the choice that isn't there,

01:13:39 that's like a kind of drink kind of don't. So we're Curious, mindful drinking is not, That's not an option. It's either never socially or yes. Bumble, if you're listening is a Bumble, Bumble, Tinder, whoever it is. Like if you're listening, maybe make a difference there. That would, I think that's something that might help change our culture.

01:13:56 Right? Yeah. I think I have shared it on occasion. Like depending on like, what as like date planning goes, like, I'll definitely do things like suggest something other than meeting for drinks. If it's something that I'm like, not one, like if I'm, you know, obviously if I don't want to drink, I'm not going to suggest that we meet for a drink.

01:14:16 I'm going to suggest that, you know, we might grab a bite is something that I've said in lieu of meet for a drink, like grab a bite, which doesn't necessarily indicate full meal. Like, that's not saying let's have dinner, but you know what I'm saying? Like, let's grab an appetizer kind of thing and then it's not, yeah,

01:14:36 that's something I've done. But yeah, most of the times I just kind of show up in order of diet Coke. Do you, are there any other go-to phrases that you've had to kind of, I love what you just said there in terms of go for a bite, any other go-to phrases or things you've said, or to navigate those conversations, have you had any pushback?

01:14:55 I mean, I can't really think of like a space. I mean, I'm sure I've had pushback and what's funny is it's, it's typically, it's like come from family more than anything, but I guess, I mean, I guess it's not strange that it came from family. Like I think family of all people are the ones that think that they know you the best and have spent so much time with you.

01:15:17 So if, And you're also their mirror, the most, their most profound and triggering mirror. Yeah. I mean, I would say having, like, having a few lines in your pot in like your back pocket is always helpful. So like if somebody pushes back there's the easy one is I'm just on some antibiotics, right? Like for whatever, I mean,

01:15:38 you might, I did get caught called out once being like somebody, like, they were just kind of like in a, like a more, like a funny open, like just kind of like one of those people they're like for what? And I was like, I have no idea. Like, I don't even know what, what you take into about as far as like,

01:15:55 I don't know, but I'm an earache. I don't know what he would want that I don't know. But like saying something like, oh, I haven't, I have antibiotics or like, or I'm on antibiotics or I've got really big, like whatever a really big day tomorrow, that sounds very cliché. But like, I've got something first thing in the morning.

01:16:12 Like I want to get to my, whatever yoga class or is class in the morning. Like something like, something like that, just having a few things that you can just say so that people will back off. And I think a little tiny little lie there it's fully justifiable Until I'm going to like pull on this a little bit. Because one of the things we talked about as being an intention for this podcast is like,

01:16:42 hopefully starting to change the culture and helping people feel like they're not alone in this. And so, I mean, that's part of what we're doing with this podcast, right. Is helping people feel less alone. So I hope that we get to the point where we don't have to lie about those things. Yeah. And I mean, I think of that very much comes from like when,

01:16:59 when you become more comfortable. So like, for me, like what I said about like the dating, I mean, I have history with my friends and my family, so, and like I say, like, those are the people who know you best and like kind of are already used to your pattern. So there's definitely, like, there had been friends where like,

01:17:17 when we went out, we, it was always like ordering wine. And so I would, I would be more, I would feel more the need to have like something to say in those situations, whereas days like, I don't know what these people, anything, I don't care if they think that I should or should not drink like that is their problem to deal with.

01:17:37 So that, I think that's also why when you ask, like, do I let them know in advances or some sort of a game plan where I, I kind of like tell them in advance that I'm not going to drink and for dates. I know I didn't ever really do that outside of like, maybe just like making sure that the circumstance wasn't like,

01:17:56 we were just going to meet at a bar for a drink because I don't, I don't know what that to anybody. So I felt a lot more comfortable just showing up and they order whatever they want and I ordered a diet Coke, and then that's just it, you know, like they might say like, oh, you know, like they might make some kind of a comment.

01:18:16 And I would just say, oh, I just don't, I don't want to drink right now. And you know, I never got pushed back on that, like in that circumstance and on a date, like nobody ever said, oh, you should absolutely have a drink. They sometimes they would kind of regret their own choice. I'd be like, oh,

01:18:34 like if I had known I wouldn't have ordered. And so that, like that again, that's their own bag to deal with. Yeah. That's probably like even further back evolution of that is like, people don't even ask because it's so normalized that not everybody drinks at every single occasion, not everybody drinks at every single event, not everybody drinks it every single day.

01:18:54 And therefore, we don't need to ask that question. We just, it just is. It's just normalized. What things do you think are more fun without alcohol? Oh, you're on mute. I'm going to ask that question again. Relations. Okay. Okay. Even better. Yeah. Yeah. 100%. I, yeah. Yeah. I mean other things,

01:19:26 I mean, I have more fun and like better conversations with my friends. I feel like my friendships have deepened now that I'm not like I, because I found what I found is now that I don't drink as often when I'm not drinking, my friends will also choose to not drink. So for instance, last night I went out for dinner with three friends and we,

01:19:47 two of us just ordered our, like a diet Coke or Coke diet Coke is now my drink. And one of the, one of the friends said like, oh, or is anybody drinking? I guess our, our beverages hadn't arrived yet, but they weren't there when we ordered. And so they had said, you know, like, oh, are we drinking?

01:20:06 Is anybody drinking? Like they were checking to see if anybody was drinking that night. And so whether or not they wanted to make that decision. And when we, the two of us said, oh, no, we've ordered like pop or soda, but it had said, you know, obviously order whatever you want. And they were kind of like,

01:20:23 nah, don't need to. So now I'm finding that if I go out with friends and I've chosen not to drink, then a lot of the times they will also mirror that choice. And then we will have really great conversations and like, same thing, like the same reasons why like, not drinking on dates because now, you know, everywhere that we say,

01:20:48 we mean, and it has a purpose for the most part. And in nobody regrets, anything that they say, yeah, we're just able to have a deeper connection and more meaningful conversations with each other. So I think all social outings are now more enjoyable, not drinking. I mean, don't get me wrong. I still, every once in a while,

01:21:10 we'll have a nice wine night and gripe and groan and, and do like the, what is it? The, what is the thing that the, like, it used to be like nights like bitch and stitch, where you would, you would get together with your girlfriends. You complain about all kinds of things. You do a craft and also drink.

01:21:29 And I'm sure that there was a phrase like that, but basically just for wine and wine and bitching wine and whatever. So I will still have a wine night with my girlfriends, a wine night with my sister on occasion. But it's very, it's, that's a very different, it's a different experience. It's about like blowing some steam off, like getting all your gripes out.

01:21:55 Like, again, we're not solving any problems. We're not looking through it. Like build anything. We're not texting the problem. We're not looking to build anything. Like, I'm not trying to build my relationship with people when I'm going to go out and have a big wine night. Like I do think that there's like, I remember I used to feel closer to friends when we would go and get drunk and do embarrassing things.

01:22:17 And it was kind of like, well, you did this embarrassing thing and you've seen me do this embarrassing thing. And it was almost like a blackmail kind of situation. Like we were close because we've seen each other do like we do, we hold each other's secrets. And now like, I don't, I don't feel some close now we're close because shared.

01:22:34 Yeah. Yeah, yeah. And we, and we choose, instead of it being like, we've done embarrassing things. Like we choose to share the things that were vulnerable about. Hm that's so powerful. Okay. Last couple of questions for you. How we talked a lot about alcohol, helping us cope in certain situations, whether it's nerves, anxiety,

01:22:58 social, lubrication, numbing, to what's out, everything else that's going on in life, helping us be less awkward on the dance floor. What I haven't had is how are you coping with life without alcohol? Like, what are you doing? Because life didn't suddenly. And especially though like, it didn't just get easier. It's not like you didn't have stuff to numb from,

01:23:18 it's not like you didn't have hard situations to not be nervous from like, how, how are you coping with those things without alcohol? What new tools or practices, or like mantras, what are you doing to, to navigate it so well, and so gracefully. I mean, I think that's very generous of you to say that I'm navigating it well and gracefully.

01:23:41 It's not someone who's watched you and known you for a long time. You've had, you've gone through so much. I'm so sorry. You're going through so much and you've handled it unbelievably graciously. And yeah, I curate so much strength and presence and love and growth. You've, you've dealt and shown up with. That's very kind of you. Thank you.

01:24:12 You know, I, so during when things were a little bit more difficult and that like in 2021 and 2020, I, I had a counselor. I was, I was, I was in therapy talk therapy and that was really useful. I mean, I engaged in that. Not, not necessarily because of the change in how I wanted to consume alcohol more to help me navigate through those two very big life issues.

01:24:44 Three it's it's funny perspective. Pandemic felt like the least of my problems. So those three very large life issues being the divorce, my mom's health and, and my business potential business ruined. And so that was really helpful. Being able to process all of, all of what was going on in a very present way. Cause I did find that like,

01:25:13 one of the things that boost helped with was when you would have a drinking night, like your body and your mind would process things unconsciously and getting tips you were getting drunk would allow your brain to kind of like do that without your, your like



conscious, like conscious brain, like getting in the way, like if something happened, your brain was able to kind of like process some things kind of like the way,

01:25:40 you know, when you're in the shower, you, you think about things cause your brain is distracted. So like that sort of happened. So it was nice to be able to process things with somebody and move through those things. Whereas if I hadn't had that, I probably would have turned weren't turned to drinking like more frequently because it was just difficult.

01:26:02 And I, and, and I felt like I needed a mechanism. And like for me talk therapy was, was that mechanism. Whereas, you know, having a wine that might've been that mechanism before, like having, having new, new, like a new reward system also, I found really helpful. Ooh, tell me about this. Well, so much,

01:26:28 like I found, like I like come five o'clock if I've, if I've made it through the day, like a work day plus life day come five o'clock when it's socially acceptable, it was like, great, good job, Meredith, here you go. Like now you can have this big old glass of wine. So finding something else to, to reward myself with just first existing,

01:26:53 what Do you do? How do you reward yourself? So I live in the west end of Vancouver. So it's this really beautiful neighborhood. I'm about three blocks from the beach and there's a bunch of different parks, a bunch of several beaches. And so at the end of the day I would take my blanket and I would take my dog and I would go and lay out on the grass in the sunshine and just hang out with my dog and have a snack.

01:27:19 That was something that I did. I was trying to, I, I, at one point I put it in my calendar to do that every day, every like weekday. And so I was doing that. And then there's just like a mood boost that happens from like being outdoors, particularly if it's sunny and then also like, you know, pets kind of just bring a lot of joy in your life.

01:27:40 So just like hanging out with my dog was really great. And then it almost like pushed. I could push through that kind of hour where like the desire to reward myself with wine would kind of just like, I'd be able to push through that and then I'd come home and make dinner and be good. Sounds like you might remember this from our mastermind and the power of habits.

01:28:04 The, the habit cycle is like, what are you craving? And if you were craving you, so your mind gets a craving and then you take action and then you get the reward afterwards. And so if you can understand what is the reward you're looking for? Not in the sense of like, I'm looking for the wine specifically, but I'm looking for the calming or the connection or the escape from life or whatever that is.

01:28:27 If you can figure out what the reward is and you can work backwards and say, what's another action that will allow me to feel that way. So it sounds like you gave yourself that and that's so awesome. Charles Duhigg and James clear from atomic habits. They be so proud of you right now, rewiring that because yeah. Even like the time of day is such an interesting thing,

01:28:48 right? Because there's something there's probably so many little micro habits built into that like five o'clock time, like you turn off your computer and the sun's in a certain

place in the sky. And like it's kind of too early for dinner. And so I love like you really have that really well clearly in thought about like, what was the reward I was,

01:29:04 I'm looking maybe did unconsciously or consciously, but like, what is the word that I was looking for and then created a new habit in that place, which is so awesome.

That's great. Yeah. I didn't, I did not do that consciously, but I'll take the credit. Thanks. I did find also like the swap. So, because I had tried a lot of different things to swap out,

01:29:24 so like flavored water. And like, I, like I said, the, the booze, which that was like the first one that actually works, I like actually really liked the taste of alcohol. Like I like things to taste strong. And I found that that like shrubs with some soda, water, like, like a mocktail, like mimic that.

01:29:41 And so first it was taste and, and that was, that worked. So I found like just straight soda, water, like Bali water in a wine glass, definitely didn't work for me. And then I found it like, and we can, we have a mutual friend, Danielle who will absolutely hate this. But sugar was like a really big part,

01:30:02 like specifically, because I drank a lot of wine. Like sugar was a really big thing. And so now, like I drink diet polka quite a bit now. And so just a swap. So say like five, six, o'clock when I want a glass of wine, I'll just, I'll pour it at Coke, which also not super healthy. But I think like in the,

01:30:22 like the gradients are like, w you know, what's, what's worse. I'm willing to accept this one, but now I'll have, I'll have diet Coke. And like, I find like the sugar was something that my body was really craving. Oh yeah. I want to talk to you about that. I know we're going to see her.<inaudible> watching her,

01:30:46 watching her walk in here. You know what, she, you know what, though, I look forward to her letting me know what would be an acceptable SWAT for diet Coke now, amazingly like, yeah. I'm sure she will tell Us. I'm sure I have to pop into the show notes to do a little bit of that. So what are your favorite alcohol alternatives?

01:31:06 So, like, as I said, I love, I love mixing a mocktail with, with shrubs and, and bitters I found was like a really key ingredient in making a mocktail. It tastes more like a cocktail. I just found a non-alcoholic beer, which is actually really delicious. What's it called? It's Corona, sun brew. And I think part of it is at Kronos lack,

01:31:37 a lot of tastes anyway, like a regular Colonel lacks, a lot of tastes. There's a specific, like if you've had a Corona, you know, what a crone tastes like, it's, it's beer. It's definitely beer, but it's not like a really great microbrew or, you know, anything else, but it it's a Corona. And so they've made a non-alcoholic version and not even a low alcohol.

01:31:57 So a lot of those like non alcoholic are like 0.5. So there's still a little bit of alcohol. This is a 0.0. Like truly non alcoholic tastes like Corona tastes like full strength. Corona put a lime in there. Great. Summertime, where Do you buy this? Costco. Costco. I found it at the new co new Costco in Colona.

01:32:22 So if you've been to, if you spent time in Colona, the latest news is that we have a new Costco. This is where I grew up. I went there, I found a case of Corona San brew there. I have not checked our local Costcos, but you could check a Facebook group. There's lots of Costco, Facebook groups that will let you know if it's there.

01:32:40 Maybe I'll post in a Facebook group and see if we have, if we haven't done our local ones. Okay. Okay. So anybody listening, if you want to know if your Costco has it go find the Costco Costco group for your neighborhood or your, your province or your state or whatever. Cause they're, they're everywhere as Meredith show me before this episode,

01:32:56 you also invested in some Alcohol Alternative alternative companies. Tell me about these. Yeah. So there, I mean the colloquial term, like pot drinks are a really big now. I think one thing that like newer generations have gotten is like, they don't rely on boost the way our generation has. And so just like, you know, I think every generation is getting a little bit better.

01:33:24 Like I don't, well, your parents weren't this way and we've discussed. But like, I remember growing up and not, not necessarily my parents, but friends, parents they're like drinking and driving was not the thing it is now. Like, I, I remember being in cars with like parents who were like, they might have like, like the dad might have like a beer,

01:33:49 like open in the vehicle when we were kids. I remember like, as a teenager with driver's license, I remember like a lot more people, a lot more like teenagers drinking and driving. I remember it like, just being kind of like a thing, like you knew you weren't supposed to do it. Not everybody did it, but there was just some people who,

01:34:05 for some reason did it and kind of got away with it. And I think generations now, like, like, Ugh, sounds so old. The younger kids, like they, they like, they just take it more seriously. They definitely don't don't drink it. I mean, the laws have changed as well. Like when I was, when I got my driver's license at 16,

01:34:25 like I was immediately able to have whatever it is, 0.07. Like that would have been finally, I like, I mean, it was illegal for me to drink, but you weren't Going to lose your license. I wasn't going to lose my driver's license And a DUI about it. Yeah. Yeah. If it was under 0.07 now in that for some time now it's been no tolerance,

01:34:44 like 0.00. Like you can't have had a single drink when you first get your driver's license until we get to that second stage driver's license, whatever it is. So the laws have changed. I think culturally, socially it's changed for, for younger generations, but Patrick's are becoming more and more popular. And like, since pot was legalized, since marijuana was legalized and then they've slowly moved to legalize more different marijuana in different products.

01:35:17 So I think first, it was just like being able to smoke it. And now certain beverages and edibles are like indifferent. Like I think they're like, well, obviously there's yeah. There's oil. Like there's just different products now. And so I've invested in a cannabis beverage company. And so they make beverages with like the active THC ingredient, as well as the CBD,

01:35:49 which is the one that doesn't get you high. And then they also make beverages that are just have like flower essences, just like, or like, like natural ingredients. So nothing to do with cannabis, but like, they might make like a drink with lavender for like it's calming facts or like having to account for its calming effects. And like those beverages that have like roar on for like energy effects.

01:36:14 So other like plants, other, just other plants and botanicals. So they just, you have beverages that have botanicals and implant derived ingredients for specific like F like functional medicine for specific benefits. Amazing. And what are the names of the company? Where are the drinks and the links in the show notes to Sure. The one that I've invested in they're called there,

01:36:39 their cannabis line is called state B. And I think the non-cannabis line is called elevate and that just has other plant botanicals. Cool. And they're available locally and Virgin Columbia just happened, I think this year, Where are they available? Like where would you buy that? So the state be the cannabis line would be at your dispensary's and elevate, which is the non-cannabis line.

01:37:08 And his plant botanicals will be in grocery stores. Oh, amazing. Okay, cool. I'll put links to those in the show notes today, we are also enjoying soul brew, which is a local business, which is delicious. And we're having the restore flavor today and they also do like different, they are about mushrooms. So today during the reishi,

01:37:30 There are functional like that, that would be an example of a functional beverage homeless and better version. Yeah. Whereas like you've also introduced me to Lumet, not functional. Right. That's kind of more of just like a substitute. Yeah. I think that's just like an, like, it's the non alcoholic gin, But yeah. Not, not functional,

01:37:47 but still delicious. We'll put links to all these in the show notes. If you're looking for some inspiration and maybe I'll throw in one of my favorite recipes in there too, do you have a finger recipe we could throw in Meredith? Mm, no, I don't think so. Coke, Diet Coke, Coke, the ice, and a nice cold glass And a lime.

01:38:07 Do you Use the line? No, no line. Okay. All right. Well there's Meredith's recipe. Keep it simple. Okay. I asked you a question and we didn't get the answer. It's gonna be the last question on this topic, which is, what did you ask me for today? Oh, Cause they're talking about like fun things to do without,

01:38:25 I mean, you directly ask my question now. I want to know how I managed to avoid answering it. Yeah. So I came over and because you have a small child, I have a date coming up and I've, I was finding it that it without like, without if, unless you're drinking that just like going somewhere for, for dinner, I don't find it super conducive to like good conversation.

01:38:54 It's, it's, there's higher pressure to have, like, to start the conversation in and keep that conversation going. I feel like you need, like, you need an activity. And for so much of my experience, I think for so many people, that activity has always been drinking and it's not just like the getting tipsy that like helps to like allow conversation to flow.

01:39:16 But it is like the actions, the, like having something in your hand, like carrying something around, you've got something to kind of like toy with your hands. So I asked you for a puzzle so that I could have this well, on this date, we could do a puzzle, not with the goal to finish it. Just have something to do with our hands.

01:39:35 Someone like distract your mind so that you can have a more fluid conversation that feels natural. That doesn't feel super forced. Like, you know, what is your

net? What's your five-year plan? You know, it's not an interview. You're just supposed to be, you know, having fun with another person. And so, yeah, I love that.

01:39:55 And that's why it was such a, I mean, first of all, good luck we give, we gave Meredith our frozen two holographic puzzle, which is much more challenging than it sounds, but so good luck. But also I just love it because it's such a great example of looking at it. You could have very easily been like, well, you know,

01:40:16 maybe this person just, I need alcohol to have a good time here. Right. It's very easy to default back into the old habits. Right. But instead you're like, oh, like what would a different activity look like? Do something to like, you're talking about habits again here. Like what, what do we have in our hands? What do we have?

01:40:31 That's kind of just something else and something that we're doing together too, because I think alcohol becomes a very social thing and that you enjoy together. Like, how do you like this wine? How has that beer? Should I try this one a little? Was that cocktail? Like, it becomes like a, it's more than just about the alcohol. It's also about the experience.

01:40:46 And so I love that you to share, you know, puzzles a great example of that that's interactive and allows that shared experience. And just that like a little bit of a social lubricant without being alcohol. So I think that's really great. Plus I want to hear how it goes. Well, if anything, it will also be a conversation starter because I'm going to have to explain why I ended up with a holographic frozen puzzle of all of the puzzles that are out there.

01:41:17 It's gonna be cute. I'm really excited. All right. So last couple questions here. These are our golden girls, rapid fire questions. So just come, Meredith has no idea what I'm going to ask her. These are the, for just the first thing that comes to your mind when I ask these questions. So what is a quote that you live by?

01:41:35 Money always comes, Ooh. If you could travel anywhere in the world right now for food, what would you eat? And where would you go? Oh, Wow. Okay. First thing that crossed my mind was underpass<inaudible> in Mexico, which if you have not had Ritondo or sorry, it's not returned. It was returned out returns to VJ, which the return,

01:41:57 I was like the Spanish w where are the, where they use in Mexico for an underpass. It cause you basically do a U-turn it's a place you can do a U-turn to get back on the highway. They set up a like locals will come and set up a big table with a wooden top, which is their like cutting board and then tables and chairs.

01:42:16 And they will bring fresh seafood and just start making<inaudible> in the underpass for you. It's amazing. I mean, it's a risk if you've got a strong stomach and you don't, you don't have like a travel stomach problem, which I don't. That was the first thing that came to mind. And I had that in San Jose Del Cabo Sounds amazing.

01:42:37 Oh, so good. Okay. What's a goal that you're currently working on. Well, we talked about this actually yesterday, but enjoying the month of August, like just bringing more joy into my, into my August. What is something that you've changed your mind about Everything drinking? I changed my mind. Oh, you know what? I changed my mind about machine gun Kelly.

01:43:08 I recently realized that I enjoy machine gun Kelly. I changed my mind. Ooh. Most recently. Hmm. I think honestly, I think actually machine gun kept changing my mind about machine gun. Kelly was kind of a big one. I really didn't see that one coming. Does that have to be the next podcast after changing her mind about wine culture?

01:43:41 What's the best lesson you've learned in the last year, in the last year? Like, okay, I'm going to dive into semantics or do you mean 12 months? Or like in 20, 22, whatever you, whatever. The better lesson that you think is better to share or it's not better to share what was more profound for you? This might take a second lesson in the last year.

01:44:11 I mean, I feel like this is a lesson that I've had to learn again and again and again, but rest is necessary. I think I really needed to hear that today. Thank you. That's a good one. Okay. Last question. No, I lied. Two more questions. Okay. Protein. Yeah. Cheese carrots or strategies. Kurds.

01:44:33 That's absolute sacrilege. I, Yeah, I know. I know. There's I know some guests we've had to have a talk. No, no. Give me Tell, tell me their names. If you're going to go with their changing minds, telling me their names. Yes. When you change your mindset, so true. Okay. And what's the best money you've ever spent.

01:44:57 Would you buy happiest money? You've spent Happiest money. I spent, I mean, I recently purchased a leather jacket. That was a lot of money. And also not like a style that might be considered classic episode. It has endured many, many decades. There's a fringe Jew, like a tassel fringe kind of thing on this leather jacket. And I saw it,

01:45:33 wanted it immediately thought about it for months had planned a trip to, to Europe and to not Italy, which is known for leather, but actually poor school also is known for their leather goods. So then I put a pin on buying that because I thought, oh, I'll go to Portugal and see what, like, you know, cause it was from a,

01:45:53 like a, a brand like a North, like, well it's an British brand, but doesn't matter. I'm like, oh, a well-known like retail brand chain brand. And I thought, okay, well maybe I'll go to Portugal and find something really unique. Sorry, unique. There's no, really any again, semantics something unique and maybe more like more like slower fashion kind of thing.

01:46:17 And I contemplated because I was going to be in Europe and the UK, I thought about going thrifting there and seeing like, maybe I'll get something secondhand. And then I got off the plane, got on a bus, got downtown to the town where I was in Glasgow, got up, like got out in downtown Glasgow, met my friend that I was meeting there,

01:46:39 turned around the corner and there was the store with the jacket that I had been eyeing. There was like, I just walked around the corner and there, the store was there. The storefront was. And so with my suitcase fresh off of an overnight flight, I walked into that store and I bought that jacket and that is the happiest money I've spent recently.

01:47:03 So cool. I can't wait to see the jacket sounds right. You're going to see a lot of it. As soon as this weather cools down and I can wear a leather jacket out. I'm going to be wearing that a lot. I love it. I can't wait to see it. Meredith, thank you so much for your, thank you for having this conversation.

01:47:17 Thank you for, you know, I I've just gotten to is I feel so honored to get, to see, you know, your strength, your courage, everything you've been through in the last couple of

years. And I know you've made me a better person for that and I know you're sober, curious journey has definitely brought me deeper into mine. So I appreciate that so much.

01:47:38 I really appreciate you being willing to share this with everybody listening and hopefully start to change that culture. So thank you for being here. Thank you for sharing on all the things from frozen puzzles to relations and everything in between, and I'm sure I'll have you back again soon. Thank you. I hope so. Look forward to it. Okay. I think we all get it.

01:48:07 Alcohol is deeply intertwined in our culture and our habits from the workplace to parenting, to dating special occasions and more Meredith. And I were perhaps art, depending on what app we ask social drinkers who explore sober, curious life. And we hope that you've learned some of the reasons why and feel like you can just have as much fun and a way less hangover as undergrads by also becoming.

01:48:31 So we're curious, as I mentioned at the beginning of the episode, I really want to reiterate and acknowledge humbly that I'm not a professional in addictions. And the intention here is not to downplay any of the severity or complexity of addiction. We want to help bring awareness to continue to bring accessible treatment options for everybody. And so if you're looking for resources on addiction,

01:48:54 there are some in the show notes, please use them and please get the support that you need. I want to thank Meredith again for opening up. So vulnerably on such a sensitive topic. I mean a lot of them, everything from alcohol to relations, if you will. And I want to thank you for listening with an open mind. If there's someone else in your life,

01:49:13 your workplace, your business, or social circle, a friend who needs to hear this, please share it with them. I'm shocked. Every time I mentioned the idea of drinking less and being more mindful with alcohol. So many people are interested or exploring this as well, but don't know where to start and don't really want to be the first one. Honestly,

01:49:31 I posted a picture of Meredith and I right before we hit record and I had so many Instagram DM saying, can't wait to hear it so excited to listen. So I just want you to know, you know, first of all, you're not alone. And second of all, share this with somebody else because I bet you, if you share this in your story,

01:49:47 which obviously is great for us even better for you. I bet you that we, people that will reach out to you as well and want to know more. So I invite you to share, share the episode, invite them to join you, invite them to join us so that we're not alone in this journey of changing our own relationship with alcohol, changing the way that we mindfully drink and then ultimately changing our culture around us as well.

01:50:11 So my friend, whether you choose to socially drink or go sober, curious, or a full sober, I encourage you to do that mindfully and intentionally as you would with anything else in your life, either way. I hope that this episode and you listening in that you've expanded your consciousness around alcohol and our culture. And I hope this really does start to shift the wider culture and environment.

01:50:32 We're all in my intention is, is three things. It's that we allow everyone to have meaningful and accessible support that they need for addictions, for everyone to be able to choose, to be sober or sober, curious without stigma. And also that we are all as mindful with what we drink as we are with all aspects of our lives. Don't forget you are a leader.

01:50:53 I invite you to be the change into you, lead this in your own life, your social circle, your work environment, and beyond. So here I'm off, I'm signing off this episode with a sober alcohol-free delicious cocktail from soul brew and a giant cheers to you. Thanks again for being here. Thank you so much for listening. If something spoke to you,

01:51:14 send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode, please share it with them to his, I love surprises. Make sure you subscribe to go only girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your golden journey.

01:51:34 Thanks again for listening. Now, we'll talk to you in the next episode of the golden girls podcast.



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Episode 64: Sober Life, Sober Curious & Alcohol - with Meredith