

The Homecoming Reset™

A 90-day break from alcohol to stop the “not tonight” cycle, feel back in control, and finally keep the promises you make to yourself.



Who is this for?

If you...

Pour a drink you don't even want... just to take the edge off.

Feel trapped in the cycle: trigger, pour, regret, repeat.

Wake up saying, "*I need to cut back,*" but nothing changes.

Feel frustrated that you haven't yet found a solution that works.

Lie awake at 3am wondering: What if it gets worse?

Keep breaking the "*not tonight*" promise to yourself.

Then this programme was built for you



picture this...



Yours Again

Your mind feels clear and quiet.

You're not thinking about drinking all day.

You're not clock-watching or waiting for that first glass.

Your time, energy and headspace feel like yours again.



“You’re Glowing!”

You’re sleeping deeper, waking up clearer.

Your skin looks brighter, your jeans fit better, and you’ve got more energy for the things that matter.

You’re fully present with the people you love.



Steady Strength

You know what to do in the moment before you reach for a drink.

Even when life feels stressful or overwhelming, you don’t spiral the way you used to.

You feel steadier. More in control.



Real Freedom

You’re not battling with yourself anymore.

You don’t feel deprived.

You feel free.

And it finally feels easy.

If this sounds too good to be true, I get it...

I was a primary school teacher, juggling a busy career, a family, and a full life.

On the outside, I was coping.

But behind the scenes, I was using alcohol to switch off, unwind and get some sleep.

It looked like coping.

It felt like survival.

I kept telling myself I'd cut back. Set rules. Start again on Monday.

But nothing really changed and I felt stuck.

Eventually, I got help, and realised it wasn't just about alcohol.

That's when everything started to change.

That's exactly what I help other women do now in a way that works.



How we break the “not tonight” cycle for good

Phase 1: Breaking the Drinking Cycle

Break the Cycle

This is where you take a supported break from alcohol. Not forever, unless that is your goal. But long enough to step out of the cycle, so you can make a clear choice about what’s right for you.

We prepare you properly first, so it feels manageable.

Understand why

This is where it starts to make sense. You’ll understand why you keep reaching for a drink even when you don’t really want one. Not just the habit, but what’s actually going on underneath it.

Understand where it starts.

Understand where the decision to drink really happens. It’s not in the moment your pour a glass. It happens earlier than you think. Once you see this clearly, everything starts to change.

This is where it becomes your new normal

Phase 2: Stay in control (even when life gets busy)

Learn how to handle what you're feeling

Drinking isn't the problem.
It's how you've learned to cope.

Whether it's stress, boredom, habit or just needing a switch off, you'll learn how to manage what you're feeling without reaching for a drink.

So you don't rely on alcohol to do the job for you.

Decide Ahead

You'll make confident decisions about drinking before the moment hits, so you're never blindsided.

Whether it's a work function, a Friday night, a wedding or a spontaneous invite, you'll know what you're choosing.

No more back and forth.
No more "should I, shouldn't I"

Decide what role alcohol plays

You'll step back and look at your relationship with alcohol clearly.

Without the pressure of rules, or "shoulds"

So you can decide what actually works for you.

Whether that's drinking rarely, or not at all, it comes from a place of clarity, not struggle.

This is what makes the change stick

Change what's driving it- not just the drinking behaviour

This is why this works when other approaches haven't.

I combine personalised hypnotherapy with a cognitive behavioural approach.

So you're not just changing what you do- you're changing the thoughts, patterns and beliefs behind it.

Which is why it works.

In Your Corner

You're not left in-between sessions to figure this out on your own.

You'll have direct message access to me.

A space to ask questions, share wins, and steady yourself when things feel wobbly.

It's connection with precision:

the right words at the right time to keep you moving forward.

Women have said- *"This kind of accountability is what made all the difference."*

Beyond The Homecoming

This isn't just a programme, it's a commitment to the future you're choosing to build.

That's why the process doesn't end at the final session.

You'll review your progress, decide the path that feels right for you moving forward, whether that's long-term sobriety or moderation. We have check-ins at **3, 6** and **12** months to help you stay on track and avoid slipping back into old patterns.

What's Included:

12 weekly 1:1 Zoom sessions

A dedicated space each week to talk through what's been coming up, understand your patterns more deeply, and gradually build a calmer, more balanced relationship with alcohol.

Daily WhatsApp support

You won't be left trying to deal with difficult moments on your own between sessions.

You'll have daily access to support, guidance and accountability, so if something unexpected comes up, you're struggling with cravings, or you simply need help navigating a situation differently, you have somewhere to turn in real time.

Session recordings & Personalised audios

Every session is recorded so you can revisit key insights and reflections in your own time.

Your hypnotherapy audios are created especially for you and with you, no generic 'off the shelf' recordings.

Weekly summaries & next steps

After each session, you'll receive a personalised summary with key reflections, insights and practical next steps so you always know what to focus on between sessions.

This is why this works when other approaches haven't

Most approaches focus on stopping drinking, but that's not where the problem starts.

It's not about willpower, and it hasn't felt this hard because there is something wrong with you.

You've been stuck in a cycle you haven't been able to see clearly- until now.

The good news is ...

Cycles like this can be broken.

Your personalised cognitive behavioural hypnotherapy audios- are created with you, for you.

Not surface-level affirmations.

These are targeted sessions built from your words, your values, and the future you're ready to step into.

Because it's not what you **know** that shifts your life - it's what you **believe** about yourself.

That's where hypnotherapy works: beneath the noise, at the level where real change happens.

Clients often say they feel more confident, finally understand why they were drinking, and feel back in control again.

You won't just have new beliefs- you'll **live** them.

Meet Your Hypnotherapist

Rebecca Thomson | Cognitive Behavioural Hypnotherapist

- Level 5 Diploma in Cognitive Behavioural Hypnotherapy — the only UK CBH course accredited by the British Psychological Society (BPS).
- Additional CPD in CBT for addiction, insomnia, and counselling.
- Qualified Teacher (QTS) with PGCE.
- Enhanced DBS.



What My Clients Say...



" I realised that I needed more in my life than just work. I'm a better person. I'm engaged, less stressed and I'm stronger than I thought "

-Helen



"Working with Rebecca has genuinely changed my life. She's not just skilled, she's compassionate and insightful. She never made me feel judged, only understood. I finally feel like myself again "

-Polly



"I feel free and I didn't think I'd get there. I now understand that what I thought alcohol was giving me was totally wrong. It feels great to know that I have a choice about what I think and how I feel"

- Charmian

Let's talk about what your life could look like.

Imagine no longer spending your days negotiating with yourself about alcohol.

No more constant mental noise, self-monitoring, frustration or shame quietly following you through the week.

Instead...

Going to bed feeling calm, clear and in control. Trusting yourself again.

The real transformation isn't just drinking less.

It's what happens when women are no longer trapped in the cycle of negotiation, guilt, and self-abandonment.

Something begins returning that many thought they'd lost.

Themselves.

Like finally coming home to yourself underneath all the noise. Perhaps that's the freedom you're really searching for?

Not just the freedom to choose to drink whatever you want.

The freedom to finally feel like yourself again.

FAQ...

What if I can't stick to it?

You don't need to rely on willpower to "stick to it"

You'll be supported the whole way through, with guidance, accountability, and tools that actually work in real life.

Do I have to go sober forever?

No.

This isn't about forcing you to go sober forever.

It's about helping you take a supported break from alcohol long enough so you can decide what works for you.

From a place of clarity, not struggle.

I don't know if this will work for me

If you're ready to look honestly at the role alcohol plays in your life, and want structured, intelligent support to change it- this programme was built for you.

Past clients have said things like, "*You saved my life,*" and "*I wish I'd done this 20 years ago.*"

Will I lose control in hypnotherapy?

Hypnotherapy isn't about zoning out; it's about tuning in.

It uses focused awareness to help you pause the noise and make space for new ways of thinking to take root.

You're awake, engaged and in charge the entire time.

You're protected- when you commit



My Commitment to You

I stand fully behind this work.

If you commit to the process, apply what we build together, and genuinely feel it hasn't created meaningful change for you, I'll refund your investment.

The clients who get the best results are the ones who fully back themselves and stay committed throughout the process.

If you're willing to do that, I'll meet you with the same level of commitment every step of the way.