

My Plan for a Sober Lifestyle



Instructions: Use the worksheet below to summarize your personal sober lifestyle plan.

Remembering why you want to stay sober:

Why is being sober important to you? How have using substances interfered with your life? Write down at least one important reason for staying sober:

1. Positive relationships with sober people. What family members or friends do you have a positive relationship with? Who can you turn to when you need support? Which of these people are sober? Write down the name of at least one person who is sober and with whom you have a close relationship:

If you participate in a self-help group, such as Alcoholics Anonymous or Dual Recovery Anonymous, which one(s) do you attend and how often?

2. Meaningful roles in your life. What roles do you have in your life, such as a job, being a student, providing care to someone, or being a volunteer? Write down at least one role you fulfill in your life:

3. Fun activities. What activities do you like to do in your spare time? Consider activities that you do just for the fun of it (such as games or hobbies), those that are good for your health (such as exercise), those that enhance your skills (such as taking classes), or those that involve creative expression (such as writing or art). Write down at least three enjoyable activities:

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(continued)



4. Coping skills.

Think of the different types of stress you have in your life, such as the symptoms of mental illness or managing a physical disorder. Write down each stressful thing, and then write down at least one coping strategy you can use (or want to develop) to manage it.

Stressful thing

Coping Strategy

- | | |
|----------|-------|
| a. _____ | _____ |
| b. _____ | _____ |
| c. _____ | _____ |

5. Religion and spirituality. Is religion or spirituality important to you?

No Yes

If yes, write down at least one way you are getting (or would like to get) your religious or spiritual needs met.

Personal Practice.

1. Continue to work on your sobriety goal.
2. Follow up on any parts of your sober lifestyle plan that are not currently in place.
3. Share your sober lifestyle plan with someone who supports your sobriety.