



Your Sober Tools

New drinks

At home:

1.
2.
3.

Dinner party:

1.
2.

Restaurant:

1.
2.

Pub:

1.
2.

Relaxation and comfort:

1.
2.
3.
4.
5.
6.



Stress relief:

1.

2.

3.

4.

5.

6.

Impact:

1.

2.

3.

4.

5.

6.



Excitement and adventure:

1.

2.

3.

4.

5.

6.

Accessing the glitter:

1.

2.

3.

4.

5.

6.



Luxury:

1.

2.

3.

4.

5.

6.

OMFG that's good:

1.

2.

3.

4.

5.

6.



Zoning out:

1.

2.

3.

4.

5.

6.

Boredom:

1.

2.

3.

4.

5.

6.



Sober support

1.

2.

3.

4.

5.

6.

Understanding:

1.

2.

3.

4.

5.

6.