



Sober Plan - First night out

What will you drink?:

.....

OK, what if they don't have that?:

.....

Or that?:

.....

Who will you message if you're struggling?:

.....

What will you say if anyone asks why you're not drinking?:

1.

2.

What is your escape plan if you need one?:

.....

.....

.....



What will you treat yourself to?:

1.

2.

3.

What will you do when you get home?:

.....

.....

What victory songs will you listen to on the way home?:

1.

2.

3.

4.

What will you do tomorrow morning?:

.....

.....

.....

.....



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Reflections

What was easier than you expected?

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What was harder than you expected?

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What was the best bit (and it's absolutely fine if your answer is "leaving")?

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What have you learned for next time?

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