



# Journal Prompts

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BASED ON MATERIAL FROM THE SOBER SURVIVAL GUIDE BY SIMON CHAPPLE

Reflect on the following:

What are your drinking habits now? How much? How often? What drinks do you have?

What were your drinking habits one year ago?

What were your drinking habits five years ago?

Compare your answers. Are you drinking more now than you were before?

Calculate the time (per week) you spend drinking alcohol. Consider calculating the time spent planning to drink or recovering from the effects of alcohol.

List the reasons your life is better because of alcohol. Next, challenge each reason.

Does labeling yourself as an "alcoholic" or "addict" help or harm you? Why?

Do you believe you have to hit "rock bottom" to recover? Why or why not?

Have you ever hit "rock bottom"? Describe the incident in detail. If you haven't had a "rock bottom" experience, what do you think it would look like?

What are your current beliefs surrounding alcohol? For each belief you list, write a challenging statement. (Example: "I fail at everything I do - I doubt I can [quit alcohol].") Challenge with "If I don't try, I won't ever know. I'll approach this with an open mind and a sense of curiosity.")

Record your current feelings surrounding drinking.

List specific fears you have about quitting drinking. (Examples: "What if my friends think I'm boring sober?" "What if I fail?" "What if I can't have fun anymore?")

Create a cravings log. List the times of day you experience cravings and what is happening at those times.

List the pros and cons of drinking.

List some of the reasons you want to stop drinking. Write about how you want your life to change. (Be specific!)

List the ways alcohol has negatively impacted your health. Include health concerns you may not have experienced yet.

List all of the occasions or special events you've put alcohol ahead of and reflect on your answers.

List all of the people, situations, and events you've neglected in favor of drinking. Then, for each item, write how the same situation/event would have looked like if you hadn't been drinking.

List your justifications for drinking. (Examples: "I work hard; I earned this drink." "It's just a beer, not hard liquor." "I never drink alone." "I only drink on weekends.")

Review your list of current beliefs surrounding alcohol. Assign an emotion to each belief. (Example: "Without drinking each day, I'll never be happy." The underlying emotions are worry and sadness.) Next, replace each belief with a truthful statement, something that could become. (Example: "I am happy because [insert reason(s) here], but I have a hard time not drinking every day. So I'm working on this to become stronger.")

Write a "breakup" letter to alcohol.

List all the things you want to do or experience once you are alcohol-free.

Create a list of ways you can celebrate your success. (Be sure to calculate how much money you'll save by quitting drinking.)

Create a sober bucket list.

List everything you may lose if you start drinking again.

Create a personal accountability statement.

List ways you can respond to others when they ask why you're not drinking. (Examples: "I'm driving." "Not now, no thanks." "Not tonight, maybe another time.")

When you have an upcoming event that's potentially triggering, visualize what you will do, say, etc. Write your detailed vision in your journal.

Create a list of coping skills for when you're experiencing a low mood.

Create a gratitude list.

Create a daily thought log. What are some of the thoughts you have about drinking throughout the day?

If you experience a lapse or relapse, describe what happened. Pinpoint the exact moment you decided to drink.

Review what you wrote (in the previous entry) about your lapse or relapse. Identify the triggers you experienced.

Write a statement of commitment to an alcohol-free life.

