

CHECKLIST

THE PROBLEMS & CHALLENGES YOU'LL FACE

Review the problem list below and check the items you believe will be the most challenging for you when you quit drinking. For each checked item, review the corresponding book chapter from *The Sober Survival Guide*. Use your journal to list strategies for overcoming obstacles.

The Sober Survival Guide, by Simon Chapple, 2019

- I can't move past 'day (or week) one' (Ch. 10, pg. 61)
- I can't fill the void (Ch. 11, pg. 67)
- I'm terrified of 'coming out' (Ch. 12, pg. 70)
- I've slipped up (Ch. 13, pg. 76)
- I just can't stay accountable (Ch. 14, pg. 81)
- I need alcohol to cope with stress (Ch. 15, pg. 85)
- My partner still drinks (Ch. 16, pg. 90)
- I can't socialize without alcohol (Ch. 17, pg. 95)
- Surely I can't have a sober vacation? (Ch. 18, pg. 101)
- I can't deal with bad feelings without a drink (Ch. 19, pg. 106)
- I can't talk to my kids about my drinking (Ch. 20, pg. 110)
- It's too difficult on blue days without a drink (Ch. 21, pg. 114)
- I still think about drinking (Ch. 22, pg. 118)
- I can't stop being harsh on myself (Ch. 23, pg. 123)
- Help! I'm going to an event and I won't be able to drink (Ch. 24, pg. 129)
- I'm not losing weight yet (Ch. 25, pg. 136)
- Will I be boring without alcohol? (Ch. 26, pg. 142)
- I feel lonely and bored without alcohol (Ch. 27, pg. 147)
- I can't sleep without a drink (Ch. 28, pg. 151)
- How can I have sex without drinking? (Ch. 29, pg. 156)
- After all this, I still want a drink (Ch. 30, pg. 161)