

SOBRIETY PLAN¹

Use the following space to begin creating a sobriety plan.² Don't worry about filling in all the blanks. Be specific about what positive behaviors you need to put in place on a daily or weekly basis to maintain sobriety. Circle whether the need is daily or weekly.

In order to **physically** maintain sobriety, I need:

- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly

In order to **mentally** maintain sobriety, I need:

- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly

In order to **emotionally** maintain sobriety, I need:

- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly

In order to **spiritually** maintain sobriety, I need:

- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly
- _____ daily/weekly

When we create a sobriety plan—positive behaviors we can implement in our daily lives—it helps us learn how to walk out our healing in a practical way.

¹ Kolb, H., Jameson, A., Philipsen, A., Flanagan, D., Roberts, D., Moreno, P., & Chinchén, S. (2019). *Unraveled: Managing Love, Sex, and Relationships*. Troutdale, OR: Pure Desire Ministries International. 320-321.

² Triangle SAA (2017). Spring Step Retreat. Track 1, Step 1. 51.