

Christmas Sobriety Plan

Complete this sheet to keep track of sober living strategies for the entire holiday season.

1) Write down sober Christmas traditions that you might like to try this year:

2) List 3 ways you can manage holiday stress without substances:

3) Name 3 safe people (and their numbers!) to call for support if you feel at risk:

4) List 3 meetings or Alcothons you can attend:

5) Write down 3 reasons to be grateful throughout the holiday season:



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