The Book of Sober

Worksheets: printable companion pages

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These are the blank worksheets from Appendix A of *The Book of Sober*. Print them for your own personal use, as many times as you need. Many people find it helpful to keep completed worksheets together in a folder, so they can look back and see how far they have come.

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Worksheet 1: Drinking Diary

Week beginning: _____

Day and time	Where and who with	What and how much	Standard drinks	Feelings before	What happened next
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Total standard drinks this week: _____

Drink-free days this week: _____

Patterns I notice:

_____

_____

_____

_____

Worksheet 2: The Four-Box Grid

Date: _____

	Upsides	Downsides
Carrying on as I am		
Quitting drinking		

The items that matter most to me (weight 4 or 5):

_____

_____

_____

My statement:

_____

_____

_____

Worksheet 3: Craving Log

Date and time	Trigger (outside / inside)	HALT?	Strength before (0–10)	What I did	Strength after (0–10)

What I'm learning about my cravings:

Worksheet 4: Thought Record

Step	My notes
Situation: where, when, who with, what happened	
Feelings: what I felt, rated 0–100	
Hot thought: the most powerful thought	
Evidence for the hot thought (facts only)	
Evidence against: what doesn't fit? what would a friend say? any thinking traps?	
Balanced thought	
Feelings now, rated 0–100	
What I will do	

Worksheet 5: Weekly Plan

Week beginning: _____

Day	Danger time	My plan for that time	Pleasure	Achievement	Connection
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

My reward at the end of this week:

_____

_____

_____

Worksheet 6: My Medical Support Conversation

If you may be physically dependent on alcohol, speak to a clinician or alcohol service before stopping or changing how much you drink. This page is for preparing questions, not planning withdrawal yourself.

Who can assess my situation and help me stop safely?

What symptoms or concerns should I tell the clinician about?

What medicines or health conditions should they know about?

Where will I find urgent help if I become unwell?

My next step to arrange professional support:

Worksheet 7: Relapse-Prevention Plan

1. My most important reasons for changing:

2. My high-risk situations, and how I'll cope:

Situation	How I'll cope

3. My early warning signs:

Continued on the next page

Worksheet 7: Relapse-Prevention Plan (continued)

4. My support people and how to reach them:

5. If I slip, I will:

6. My healthy daily routines:

7. My next review date: _____

Worksheet 8: Four Conversations Check-In

Optional reflection — not an assessment, not a test, and not something you have to complete.

A few minutes of honest reflection can help you notice connections. Return to these questions whenever they are useful.

1. Your Story

What has been happening with my drinking?

2. Your Patterns

When do urges or difficult habits tend to appear?

Continued on the next page

Worksheet 8: Four Conversations Check-In (continued)

3. Your Support

What help or professional advice would make this safer?

4. Your Future

What is one small, realistic action I want to take?

Your clarity to keep

One thing I want to remember from this reflection:

If you are physically dependent on alcohol, a writing exercise cannot determine whether it is safe to stop suddenly. Seek professional advice.

Worksheet 9: For Families and Supporters

A Four Conversations reflection, optional, for those affected by somebody else's drinking. Your needs and safety matter too.

1. Your Story

How is this situation affecting me and those around me?

2. Your Patterns

Which situations, expectations or responses keep recurring?

Continued on the next page

Worksheet 9: For Families and Supporters (continued)

3. Your Support

Who could provide trustworthy support for me and any children?

4. Your Future

What safe boundary or everyday choice would help me?

Your clarity to keep

One thing I will remember is:

You cannot control another person's drinking. Your own wellbeing, boundaries and safety deserve attention.