

SOBER
SISTAS

YOUR SOBER SUPPORT PACK

BE INSPIRED AND POSITIVE ABOUT YOUR
SOBRIETY CHOICE. BE REMINDED EVERY DAY
ABOUT HOW AMAZING YOU TRULY ARE.

WWW.SOBERSISTAS.CO.UK

Your Sober SUPPORT PACK

You are amazing and you deserve to feel like this everyday.

Alcohol makes you falsely negative and needlessly anxious and contributes to keeping you stuck going round the hamster wheel of drinking and regret. I have created this **Sober Support Pack** for you to help you see just how amazing you truly are and so that you can remind yourself every day why you are thinking about giving up alcohol and choosing a better life for yourself.

Your Sober Support Pack contains:

Journal Prompts

Do you understand why you drink? What's your Big Why? What are your sobriety goals? What do you want to do with the time and money you'll save? Answer these prompts to get the clarity you need.

My Future

Make a cuppa and take a few minutes to visualise your sober future. Write it down and keep it where you can see it every day.

My Achievements

Over the last 5 years I know you have achieved amazing things. You need to write them all down so you can remind yourself regularly.

5 Questions

You know what questions you need to ask yourself that will motivate you to do something else other than drink.

10 Reasons I'm Amazing

You are and you need to tell yourself that every day. Your positive mindset will be one of the major reasons you stay sober.

Affirmations

Affirmations will re-train your brain to a more positive and healthy way of thinking. Cut them out and stick them in your journal or somewhere you will see them everyday.

I Am Loving My Sobriety

It can be so easy to forget why you love being sober when you lose focus. Writing down the reasons you love being sober will give you the motivation to get back on track.

Journal

PROMPTS

Remember to be honest with yourself.
You have the answers.

I drink alcohol because...

My Big Why for giving up is...

My sobriety goals are...

1.

2.

3.

(3 is enough)

Time

Add up the number of hours you typically spend on alcohol in a week. Make sure you add in your time drinking, shopping, extra time in bed, mindless scrolling etc etc.

Write the number of hours below:

Hours

Money

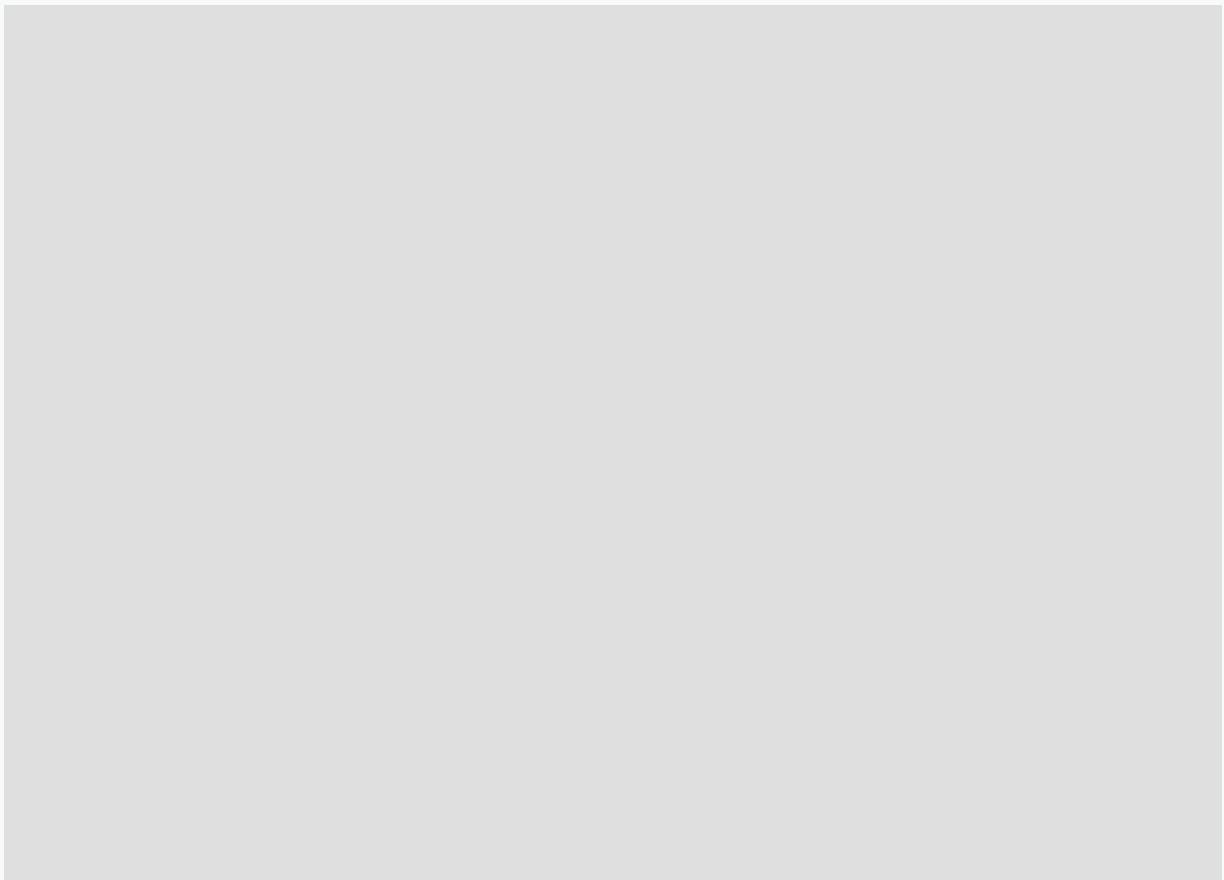
Add up the amount of money you spend on alcohol. As well as the cost of alcohol, make sure you include the cost of snacks & take aways, beauty products to make it look like you don't drink, etc.

Cost

With this time and money I would...

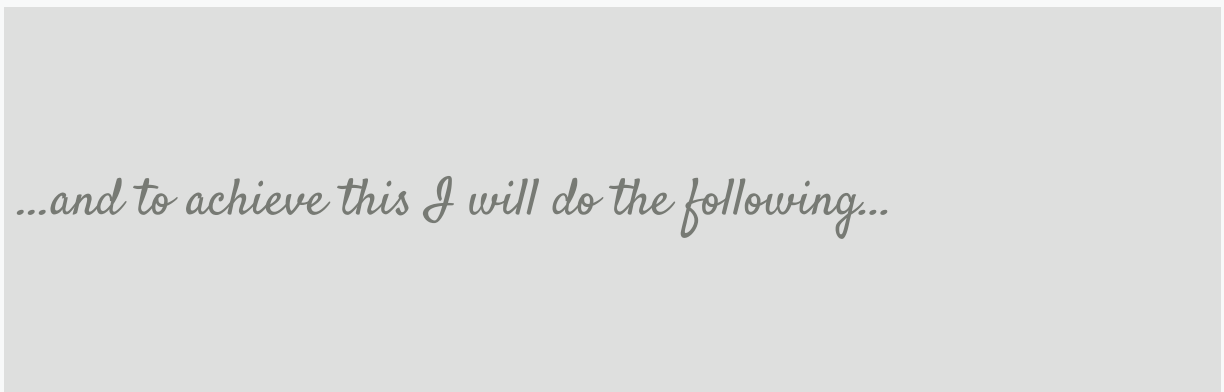
BRILLIANT THINGS I HAVE ACHIEVED

OVER THE LAST 5 YEARS I HAVE...



ONE THING I WILL ACHIEVE THIS YEAR...

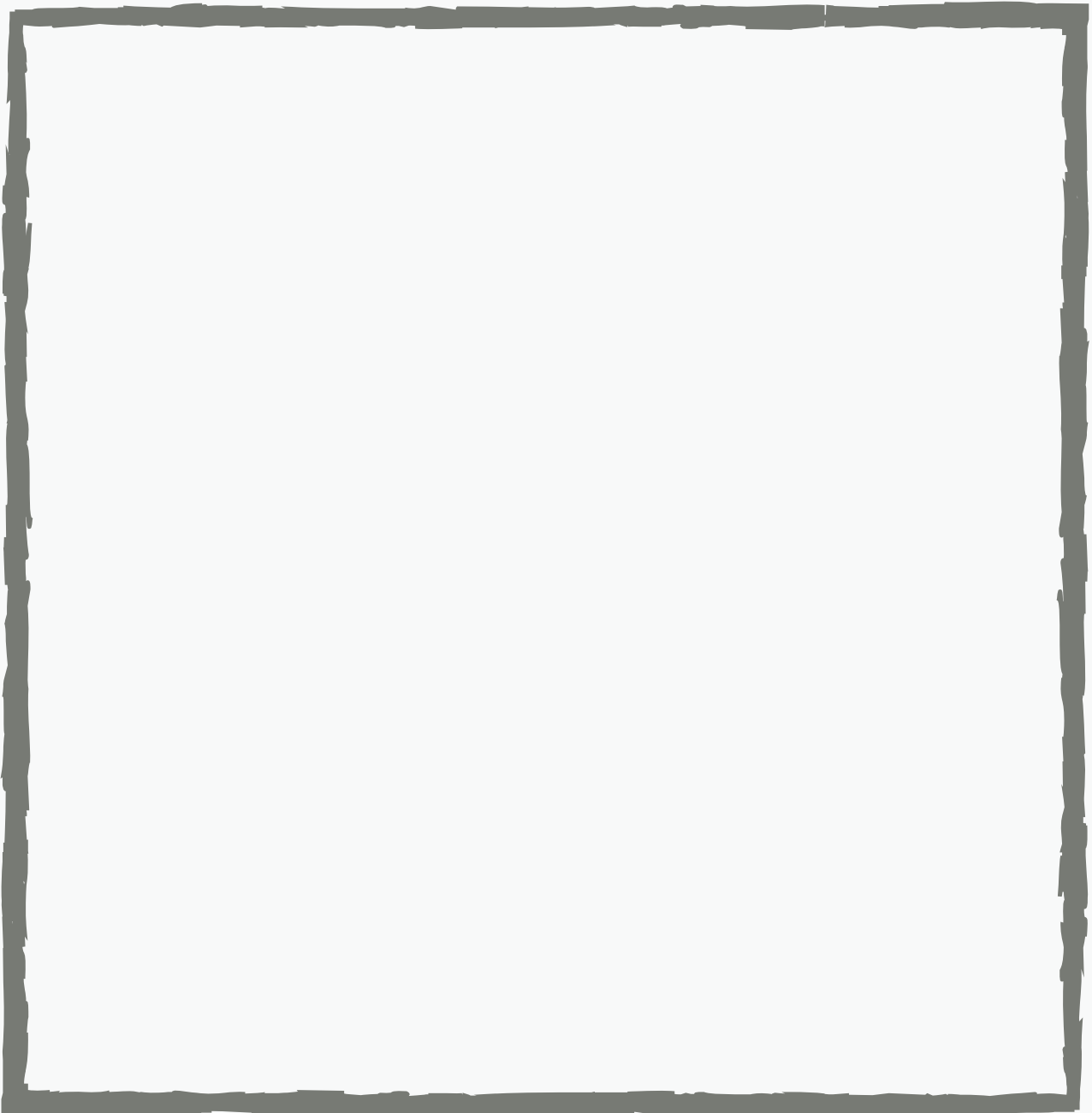
...and to achieve this I will do the following...



My FUTURE

Write about your sober future. How will you feel? What will your relationships be like? What will you be doing?

tip: ADD DETAIL LIKE CLOTHES YOU'LL BE WEARING, PLACES YOU WILL GO, SIGHTS YOU WILL SEE - DON'T LIMIT YOUR IMAGINATION!



5 QUESTIONS

*I need to ask myself
when I'm struggling*

What do you need to ask yourself
when you feel like drinking?

Q:

Q:

Q:

Q:

Q:

tip:

What's the Most Loving Thing I
can do for myself in this moment?

10 Reasons

I'M AMAZING!

There are so many reasons why you are totally fabulous! Write at least 10 of those reasons below. HINT: If you're struggling, ask someone who loves you. x

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

creative

unique

fun

feisty

strong

mother

friend

daughter

sister

partner

kind

caring

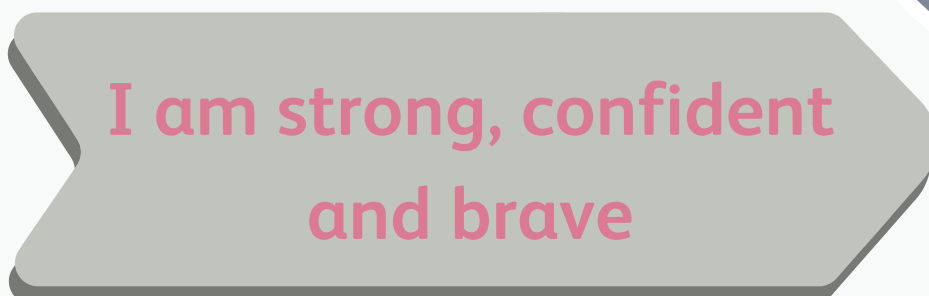
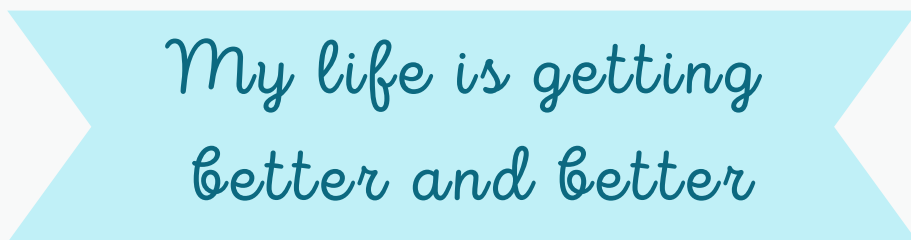
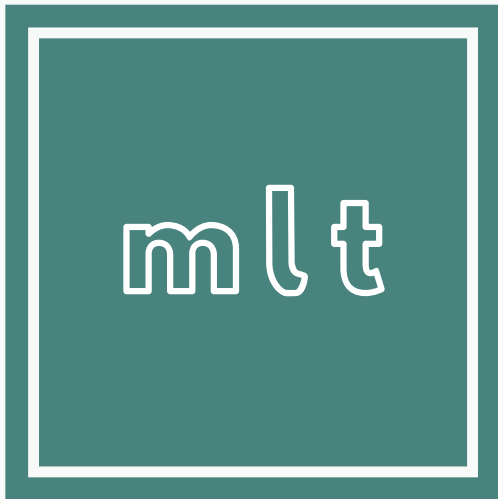
loving

smart

funny

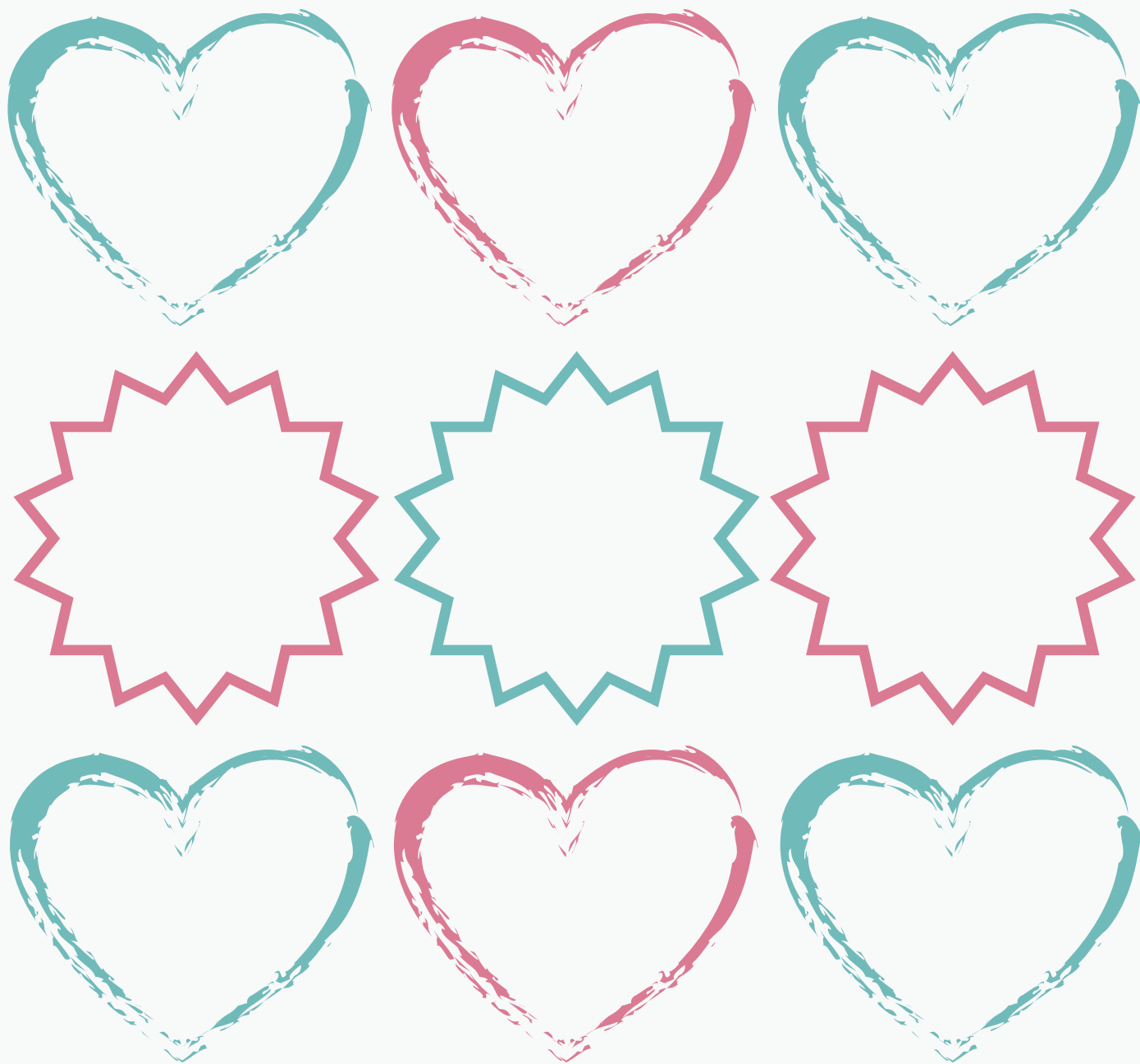
Affirmations

tip: CUT THEM OUT AND POP THEM IN PLACES YOU WILL SEE THEM MOST OFTEN.



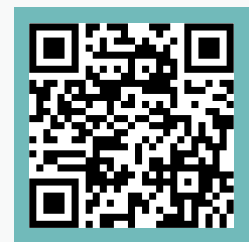
I am loving

MY SOBRIETY BECAUSE..



THANK YOU for being a Sobersista. I hope these pages have given you the inspiration you need to stay sober. If you need some individualised, personal support just point your camera at the QR code below for more information:

Are you ready to be free?



www.sobersistas.co.uk