

ABSTINENCE IS THE BEST WAY OF OVERCOMING SUBSTANCE USE PROBLEMS

Question: Have you (or someone you know) tried to cut down or stop using substances in the past?
What happened?

Making a Personal Sobriety Plan

In order to achieve your sobriety goals, it is helpful to develop a specific plan. This plan should include the three steps described above: identifying your reasons for wanting to stop using substances, coming up with strategies for dealing with situations in which you have previously used substances, and developing other ways of getting your needs met that do not involve using substances. Worksheet 3, on the following page, can be used to help you develop your personal sobriety plan.

WORKSHEET 3

Personal Sobriety Plan

CONGRATULATIONS! You've taken the first and most important step toward ridding your life of problems related to alcohol and drugs. Complete this plan by following the steps outlined below. You can change or modify your plan based on how well it is working for you. Share your plan with people who are close to you so they can support you in achieving your goals of sobriety.

Step 1. List one to three reasons how your life will be better by stopping using substances. Consider how sobriety may help you achieve your personal recovery goals.

Step 2. Identify one to three “high risk” situations that can lead to unwanted use of alcohol or drugs. Consider situations in which you have used substances in the past, such as people offering you substances, being pressured to use, feeling bad, having nothing to do, and cravings.

Step 3. Make a plan for how to deal with those “high risk” substance use situations. For each “high risk” situation, identify one or two ways of dealing with it.

Situation 1:

Plan for dealing with it:

Situation 2:

Plan for dealing with it:

Situation 3:

Plan for dealing with it:

Step 4. Find new ways of getting your needs met.

Consider the ways substances have met your needs in the past, such as hanging out with friends, feeling relaxed or “high,” dealing with symptoms, or having something to do. What needs did they meet? For each need you identify, think of at least one new strategy for getting that need met.

Need 1:

Strategy for meeting this need:

Need 2:

Strategy for meeting this need:

Need 3.

Strategy for meeting this need:
