THE BOOK OF SOBER

Sober Christmas survival plan

A free printable drawn from Chapter 24: Through the Calendar and the book's craving tools (HALT, plans, support)

Safety: This sheet is not medical advice. If you drink heavily every day, or get shaky, sweaty, anxious or sick without a drink, talk to a doctor before stopping — alcohol withdrawal can be dangerous. In an emergency call 911 (US). Helpline: SAMHSA 1-800-662-4357.

Free for personal use. © Shamayim Ltd · www.thebookofsober.com

Festive season plan

From Chapter 24: big days are easier with a plan, an exit, and something to look forward to afterwards. Make this plan in November if you can — mark every event, decide which you'll go to, and how you'll handle each.

My festive season goals

EVENTS CALENDAR

Event / date	Go / skip / shorten	What I'll drink	Exit / support

NEW TRADITIONS (NON-ALCOHOL SHAPE FOR THE DAY)

Chapter 24 ideas: Christmas morning walk, film marathon, board games, festive breakfast, volunteering, filling the in-between days.

Family / trigger notes

Who or what tends to raise the temperature? How will I step away?

Party plan & saying no

General principles from Chapter 24 (also Chapters 22–23): plan ahead · have an exit · bring support · arrive fed and rested · drink in hand early · leave before it gets messy · reward yourself afterwards · permission to skip.

FOR THIS PARTY

What I'll drink

How I'll get home

When I'll leave

Who knows / who I can text

LINES FOR "GO ON, IT'S CHRISTMAS!"

Practice one out loud.

- ☐ "No thanks — I'm on sparkling water."
- ☐ "I'm good — I'm driving / up early."
- ☐ "Not for me tonight — how's your week?"

My own line

HALT CHECK (WHEN THE URGE RISES)

Hungry · Angry · Lonely · Tired — meet the real need first.

HALT?	What I'll do instead
Hungry	
Angry	
Lonely	
Tired	

CRAVING PLAN (20 MINUTES)

Delay and distract: “I’m just waiting twenty minutes.” Then walk, shower, message someone, change rooms.

Support list & aftercare

MY SUPPORT KIT

Person to text

Alcohol-free drink I'll keep ready

Walk / reset activity

Helpline (if I need it)

US: SAMHSA 1-800-662-4357 · Crisis: 988 · Emergency: 911

REWARD AFTERWARDS

Chapter 24: reward yourself after getting through a hard event.

IF A SLIP HAPPENS

Chapters 26–27: a slip is information. Set a new Day One when you can. Be kind — then return to the plan.

Remember the mornings

Chapter 24 notes that many people say their first sober Christmas morning — waking clear-headed and present — was one of the best of their lives. Plan for the morning you want, not only the night.

Drawn from *The Book of Sober* by Steven John (Chapter 24: Through the Calendar, plus HALT / craving tools). Free printable journal pages and guided audio: www.thebookofsober.com