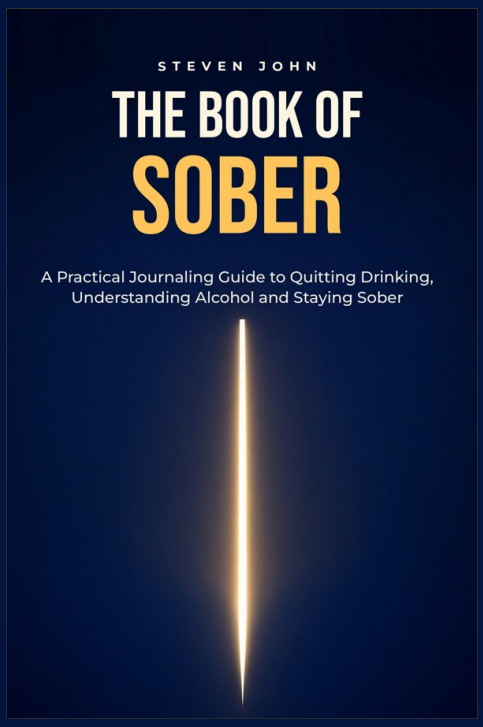


Your First 30 Days

A free starter pack for anyone stopping drinking

THE BOOK OF SOBER · WWW.THEBOOKOFSOBER.COM

General information only, not medical advice. If you drink heavily every day, speak to your GP or doctor before stopping: alcohol withdrawal can be dangerous.

Welcome

This pack is here to make your first month a little easier. Print it, keep it somewhere handy, and use whichever pages help. Blank pages are fine.

How to use this pack

- **Read the safety page first.** It takes two minutes and it matters.
- **Fill in your "why" and your support list on Day 1.** They are the pages you will reach for on hard evenings.
- **Use the 30-day tracker every day.** A tick and a mood score is enough.
- **Look at the week-by-week notes** on a Sunday evening, to plan the week ahead.
- **Be kind to yourself.** If you drink, it is information, not failure. Notice what happened and start again from the next moment.

What is in here

1. Safety first · 2. Getting ready · 3. My why · 4. My support list · 5. Week-by-week guide · 6. Handling cravings · 7. What to say when offered a drink · 8. The 30-day tracker · 9. Day 30 reflection · 10. Where to find help

This pack goes alongside *The Book of Sober* by Steven John, a practical journaling guide to quitting drinking. You don't need the book to use it.

1. Safety first

Most people can stop drinking safely, but for some people stopping suddenly is risky. Please check this before Day 1.

TALK TO A GP OR DOCTOR BEFORE STOPPING IF

- you drink heavily every day or nearly every day
- you get shaky, sweaty, anxious or sick when you go without a drink
- you drink in the morning to steady yourself
- you have had a seizure, hallucinations or severe confusion when stopping before
- you are pregnant, have a health condition or take prescribed medicine

The NHS warns that it can be very dangerous to stop drinking suddenly if you are dependent on alcohol. A doctor or local alcohol service can help you stop safely, often with medicine.

EMERGENCY: CALL 999 (UK) OR 911 (US)

Get urgent help if you or someone else has a seizure (fit), hallucinations, severe confusion or very bad shaking while coming off alcohol. Do not drive yourself to A&E.

FREE, CONFIDENTIAL HELP

- **UK:** Drinkline (NHS) 0300 123 1110 · Samaritans 116 123 (any time) · NHS 111 for urgent advice
- **US:** SAMHSA National Helpline 1-800-662-4357 (24/7) · 988 Suicide & Crisis Lifeline: call or text 988

Sources: nhs.uk/conditions/alcohol-use-disorder · nhs.uk/live-well/alcohol-advice/alcohol-support · samhsa.gov · 988lifeline.org (checked November 2026).

2. Getting ready

A little preparation turns Day 1 from a leap into a step. Tick off what you can; none of it has to be perfect.

- ☐ Chosen my start date: _____
- ☐ Checked the safety page (and booked a GP appointment if any of it applies to me)
- ☐ Removed or given away the alcohol at home
- ☐ Stocked up on drinks I enjoy that are alcohol-free (sparkling water, cordial, tea, alcohol-free beer or spirits if they suit me)
- ☐ Told at least one person I trust what I am doing
- ☐ Planned something for the evenings I usually drink
- ☐ Saved a helpline number in my phone
- ☐ Joined a support group, meeting or online community (see page 10)
- ☐ Worked out what a normal week of drinking costs me: £/$ _____
- ☐ Written my "why" (next page)

MY USUAL DRINKING TIMES, AND WHAT I WILL DO INSTEAD

USUAL TIME / SITUATION	WHAT I WILL DO INSTEAD

3. My why

Write this while you feel clear. Read it whenever the craving starts making its case.

I am stopping drinking because

Drinking has been costing me

In 30 days I hope to notice

When I want a drink, I will remind myself

4. My support list

Everyone needs a few people they can message when things get wobbly. Fill this in now, so you don't have to think about it later.

NAME	PHONE / HOW TO REACH THEM	GOOD FOR…

GROUPS AND COMMUNITIES I WILL TRY

PROFESSIONAL HELP

My GP surgery: _____ Phone: _____

Local alcohol service (if any): _____

UK: search "alcohol support" on nhs.uk to find local services. US: findtreatment.gov or the NIAAA Alcohol Treatment Navigator (alcoholtreatment.niaaa.nih.gov).

5. Week-by-week guide

Everyone's first month is different. These are simple focuses, not rules.

WEEK 1 · SAFETY AND BASICS

Keep things simple. Eat regular meals, drink plenty of water and other soft drinks, and go to bed at a sensible time. Expect cravings at your usual drinking times and have a plan for them. If you have any withdrawal symptoms, contact a doctor; if they are severe, call 999 or 911.

WEEK 2 · NEW ROUTINES

Replace the drinking slot with something else: a walk, a class, cooking, a film, an early night. Notice what helps and repeat it. Sleep can take a while to settle, so be patient with it.

WEEK 3 · SOCIAL SITUATIONS

Plan ahead for events: decide what you will drink, what you will say, how you will get home and when you will leave. It is fine to skip things for now, or to meet friends for breakfast, coffee or a walk instead.

WEEK 4 · LOOK BACK AND LOOK AHEAD

Read back through your tracker. What has changed? What was hardest? Celebrate with some of the money you have saved, and decide what support you want for month two.

NOTES FOR THIS MONTH

6. Handling cravings

A craving is uncomfortable, but it is not an order. Many people find it passes more quickly when they stop arguing with it and do something else.

THE FOUR-STEP PAUSE

1. **Notice it.** Say to yourself, "This is a craving."
2. **Delay.** Set a timer for 20 minutes. You only have to get to the end of it.
3. **Change something.** Move rooms, go outside, drink something cold, eat, shower, call or text someone.
4. **Look back.** When the timer goes, rate the craving again and write it in your log.

MY GO-TO DISTRACTIONS

COMMON CRAVING TRIGGERS TO WATCH FOR

Being **H**ungry, **A**ngry, **L**onely or **T**ired (HALT) · the end of the working day · arguments · celebrations · boredom · certain people or places.

If cravings are very strong or constant, talk to your GP. There are medicines that can help some people stay alcohol-free.

7. What to say when offered a drink

You don't owe anyone an explanation. Having a few lines ready makes it much easier. Tick the ones that sound like you.

- [ ] "No thanks, I'm not drinking."
- [ ] "I'm good with this, thanks." (hold up your drink)
- [ ] "I'm driving."
- [ ] "I'm having a break from it and feeling really good."
- [ ] "I've stopped drinking. It suits me."
- [ ] "I've got an early start."
- [ ] "Can I get a lime and soda / an alcohol-free beer?"

MY OWN WORDS

IF SOMEONE KEEPS PUSHING

Repeat the same line calmly, change the subject, or move away. Anyone who keeps pushing after a clear "no" is telling you something about themselves, not you.

8. The 30-day tracker

Tick AF (alcohol-free) and give your mood a score from 1 to 5 each day. A missed day is not the end of anything: just carry on.

Day 1 ☐ AF Mood _	**Day 2** ☐ AF Mood _	**Day 3** ☐ AF Mood _	**Day 4** ☐ AF Mood _	**Day 5** ☐ AF Mood _	**Day 6** ☐ AF Mood _	**Day 7** ☐ AF Mood _
Day 8 ☐ AF Mood _	**Day 9** ☐ AF Mood _	**Day 10** ☐ AF Mood _	**Day 11** ☐ AF Mood _	**Day 12** ☐ AF Mood _	**Day 13** ☐ AF Mood _	**Day 14** ☐ AF Mood _
Day 15 ☐ AF Mood _	**Day 16** ☐ AF Mood _	**Day 17** ☐ AF Mood _	**Day 18** ☐ AF Mood _	**Day 19** ☐ AF Mood _	**Day 20** ☐ AF Mood _	**Day 21** ☐ AF Mood _
Day 22 ☐ AF Mood _	**Day 23** ☐ AF Mood _	**Day 24** ☐ AF Mood _	**Day 25** ☐ AF Mood _	**Day 26** ☐ AF Mood _	**Day 27** ☐ AF Mood _	**Day 28** ☐ AF Mood _
Day 29 ☐ AF Mood _	**Day 30** ☐ AF Mood _					

9. Day 30 reflection

Well done for getting here, however the month went. Take ten minutes with this page.

What has changed since Day 1? (sleep, mood, money, relationships, health)

What was the hardest moment, and what got me through it?

What helped most?

Money saved this month: £/$ _____ · I spent some of it on:

What support do I want for the next 30 days?

A note to myself on Day 60

10. Where to find help

There are many routes to help. Use whichever suits you; you can try more than one.

UNITED KINGDOM

- Emergency: 999
- NHS 111: urgent medical advice
- Drinkline (NHS): 0300 123 1110
- Samaritans: 116 123 (any time)
- Your GP or local alcohol service
- Alcoholics Anonymous (GB): 0800 917 7650
- SMART Recovery UK: smartrecovery.org.uk
- Al-Anon (family and friends): 0800 0086 811
- Nacoa (children of drinkers): 0800 358 3456
- We Are With You: wearewithyou.org.uk

UNITED STATES

- Emergency: 911
- SAMHSA National Helpline: 1-800-662-4357 (24/7, free)
- 988 Suicide & Crisis Lifeline: call or text 988
- Treatment locator: findtreatment.gov
- NIAAA Alcohol Treatment Navigator: alcoholtreatment.niaaa.nih.gov
- Alcoholics Anonymous: aa.org
- SMART Recovery: smartrecovery.org
- LifeRing Secular Recovery: lifering.org
- Women for Sobriety: womenforsobriety.org
- Al-Anon: al-anon.org

Elsewhere: findahelpline.com lists free helplines by country.

More free resources
Printable worksheets, practical articles and money and units calculators: **www.thebookofsober.com**

Numbers checked against official websites in November 2026. Details can change. This pack is general information, not medical advice.
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