SOBERRISE / RISE EVERY DAY

My first week sober

A little support. A plan for today. Space to begin again.

Safety first. If you drink heavily, have had withdrawal, or get symptoms when cutting down, get medical advice before stopping. Seek emergency care for seizures, hallucinations, severe shaking or confusion. This is a planning worksheet, not a detox plan. Follow your clinician's advice.

My week starts

My reason for this week

My support plan

A person I can contact / number

Backup person or service / number

Care appointments or instructions to keep handy

If an urge arrives, my first step and backup will be

Days 1-3 / Keep it manageable

Day 1 | Make today manageable

Write one reason for today and arrange one check-in.

My next step / check-in

What helped / what I need

Day 2 | Plan your usual drinking time

Write a plan for your usual drinking time, with a backup.

My next step / check-in

What helped / what I need

Day 3 | Prepare a response to an urge

Choose one trigger, one response and one backup contact.

My next step / check-in

What helped / what I need

Keep showing up for yourself.

Move these prompts around to fit your week. They are not a symptom timeline.

Day 4 | Practice asking for what you need

Practice a boundary and choose a supportive place to spend time.

My next step / check-in

What helped / what I need

Day 5 | Notice what is actually helping

Write one thing that helped and one thing to change tomorrow.

My next step / check-in

What helped / what I need

Day 6 | Make room for a different kind of weekend

Choose one enjoyable activity and plan your next unstructured evening.

My next step / check-in

What helped / what I need

Day 7 | Carry one useful habit into next week

Keep one habit, adjust one plan and arrange next week's support.

My next step / check-in

What helped / what I need

Taking it into next week

One habit I want to keep

One change or support I need

General education, not medical treatment. If you drink, seek appropriate support and revisit your plan.

Read the guide and sources: soberrise.com/blog/first-week-sober.html