WRITE YOUR OWN STORY

SOBER CURIOUS. YOUR CALL.

Curiosity. Not a label.

A gentle place to explore your relationship with alcohol. No challenge. No perfect answers. No pressure to promise forever.

> **Safety comes first.** If you may be physically dependent on alcohol, stopping suddenly can be dangerous. Speak to a GP or alcohol service before reducing or stopping. Severe withdrawal symptoms, including seizures or hallucinations, need emergency help: call **999**.

01 / YOUR NEXT SMALL STEP

Start with curiosity.

There is no “right” answer. Write a few words, tick a box, or leave it blank.

- When do I usually drink? (time, place, people, mood)
- What do I hope alcohol will do for me?
- What does it actually give me—and what does it cost me?
- What changes do I notice the next morning, in my body, mood, money or relationships?
- When have I chosen not to drink, even briefly? What helped?
- What would “a little more choice” look like this week?

One thing I want to understand better:

A situation I want to observe (not fix yet):

What would a little more choice look like for me?

02 / YOUR NEXT SMALL STEP

A small observation. Not a test.

Pick **one** low-pressure observation. You can stop, change it or repeat it. If you may be physically dependent, do not reduce or stop without clinical advice. Feeling safe is not enough to rule out withdrawal risk.

- ☐ Note each drink and the situation around it for three days.
- ☐ Notice which social situations make you feel most comfortable.
- ☐ Notice what is happening just before an urge, without changing your drinking.
- ☐ Ask a GP or alcohol service whether reducing or stopping would be safe for you.
- ☐ Ask a trusted person to check in, without asking them to police you.

What I will notice: urge (0–10), mood before/after, sleep, money, connection.

I am curious about: _____ Date: _____

What I noticed (no judgement):

_____

_____

03 / YOUR NEXT SMALL STEP

Make social moments easier.

You can keep your reasons private. Practise a short line that sounds like you.

- "No thanks, I'm taking a break from alcohol."
- "I'm good with this—could I have a soda and lime?"
- "I'm driving / up early / seeing how I feel."
- "I'd rather not discuss it. How are you?"
- "I'm leaving now; thanks for having me."

My line: _____

My exit plan

Where I can go: _____

How I will get home: _____

Person I can message: _____

A reason to leave: _____

Alcohol-free things to try

Keep it ordinary: a walk with a podcast, cinema, library, gaming, cooking, swimming, a café, a museum, music, crafts, volunteering, a daytime class, or meeting someone for food. The point is not to be impressive; it is to give the evening somewhere to go.

Three options near me:

1. _____
2. _____
3. _____

A small reward that is not alcohol: _____

04 / YOUR NEXT SMALL STEP

Bring support with you.

You can contact a GP, your local alcohol service, or a mutual-aid group such as SMART Recovery or AA Great Britain. NHS Find alcohol addiction support services can help locate services. Drinkline: **0300 123 1110** (hours listed by NHS).

This guide is educational, not medical advice. If you are unsure whether stopping or cutting down is safe, ask a clinician before changing your drinking.

One kind next step: _____

Sources: NHS alcohol support · NHS find alcohol services · SMART Recovery UK

One person or service I could reach out to:

_____

_____

_____