

SOBER CURIOUS? 14 QUESTIONS TO HELP YOU EXPLORE YOUR RELATIONSHIP WITH ALCOHOL



Trying to understand whether you need to get permanently sober can be a very confusing endeavor, especially because we live in a culture that glamorizes not just drinking but *excessive drinking*. If you are having trouble answering the question: “Do I *really* have a problem?” – try going 30 days alcohol-free while answering these more useful questions and prompts.

1. Choose one book or podcast about sobriety and read or listen for 10 minutes each day this week. What is something you learned about alcohol, drinking, or sobriety that surprised you?
2. Do I more often tell myself these 30 days alcohol-free are a drag or a gift? What if I choose to stay present with my commitment in each uncomfortable moment instead of wishing it to be over?
3. What would I like to have at the end of my 30 days alcohol-free? A mental, emotional, or physical change of some kind? An answer to a particular question, concern, or fear?
4. If I could define it in any way I want to, without stigma or judgment, what does “sobriety” mean to me?
5. What do I believe (admire/respect/reject/judge/idealize) about sober people?
6. What have I expected drinking to do for me? What has it delivered? Have the negative consequences been “worth it”? Why?
7. How do I feel about myself when I wake up not hungover on a weekday/ weekend/after a special event/on vacation?
8. What do I notice when I don’t think of (or use) drinking as a reward? What rewards do I enjoy and look forward to instead?

9. What is better about my day when I stay sober? What is better about my evening/night?
10. How do I calm, reward, celebrate, and enjoy myself without drinking? How does staying sober affect these things?
11. What about not drinking is hard and/or scary for me?
12. What is my favorite thing about not drinking?
13. What about not drinking feels empowering to me?
14. Is there a voice in my head telling me to drink today? Would I be disappointed if I did? What will I do instead that will feel good?

Be gentle with yourself. This is not an easy exercise, and it takes time. At the end of the day, the question that truly matters is: *Is my life all I want it to be if I keep alcohol in it?*



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