



# Journal Prompts For Getting Through Christmas Sober

 And stick to

## ***Mantras for the week***

**I am capable of sitting with uncomfortable feelings without numbing them.**

**I am stronger than my cravings.**

**I choose to create a better life for myself.**

**I am healing every day.**

## ***Boundaries I need to set:***

---

---

---

---

---

## ***Sobriety Safety Checklist***

- ☐ Do I have everything practical ready that helps me stay sober? (Alcohol-free drink options to take with me to any gatherings, sober app on phone)
- ☐ Have I spoken to my support system to make sure they know it might be a tough time for me?
- ☐ Am I being completely honest with those around me about my urges and actions?

## ***Remember my why.***

Why am I sober?

---

---

---

---

---

---

---

---

