

One Month, One Change

The Sober Reset

A 30-Day Plan Towards Freedom from Alcohol



Companion Guide

Song choices & summary

Robin Dewbury

I Drank.....

*I drank to feel happy but fell into despair.
I drank to feel better but woke up feeling worse.
I drank for strength but grew weaker each day.
I drank to escape but built my own prison.*

*I drank for confidence but drowned in self-doubt.
I drank to loosen up—only to stumble and fall.
I drank for friendship but made enemies instead.
I drank to fit in but was left feeling alone.*

*I drank for connection but pushed everyone away.
I drank to be liked but lost those who mattered most.
I drank for passion—only to feel numb.
I drank to forget, but the memories haunted me.*

I drank to find peace, but instead, I found hell.

Week 1 - Foundations

Helping you understand your motivations and challenges.

Day 1: The Decision to Change

"Why am I choosing sobriety?"

Reflection: "The journey of a thousand miles begins with one step."

"Rise Up" by Andra Day

Day 2: Early Challenges

"Facing the First Hurdles: Acknowledging the Struggles of Early Sobriety"

Reflection: "Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."

"The Climb" by Miley Cyrus

Day 3: Understanding Triggers

"What sparks the craving? Identifying and Understanding Your Triggers"

Reflection: "You can't control the wind, but you can adjust your sails."

"Rise" by Katy Perry

Day 4: Dealing with Cravings

"Riding the Waves: Managing Cravings Without Giving In"

Reflection: "Cravings are not commands. They're just feelings, and like all feelings, they will pass."

"Don't Give Up" by Peter Gabriel & Kate Bush

Day 5: Self-care

"You need to put on your own oxygen mask first before helping others"

Reflection: "You can't pour from an empty cup. Take care of yourself first."

"Weightless" by Marconi Union

Day 6: Managing Emotions (recognising them)

"Feeling Everything: Learning to Manage Emotions Without Numbing"

Reflection: "Feelings are much like waves: we can't stop them from coming, but we can choose which ones to surf."

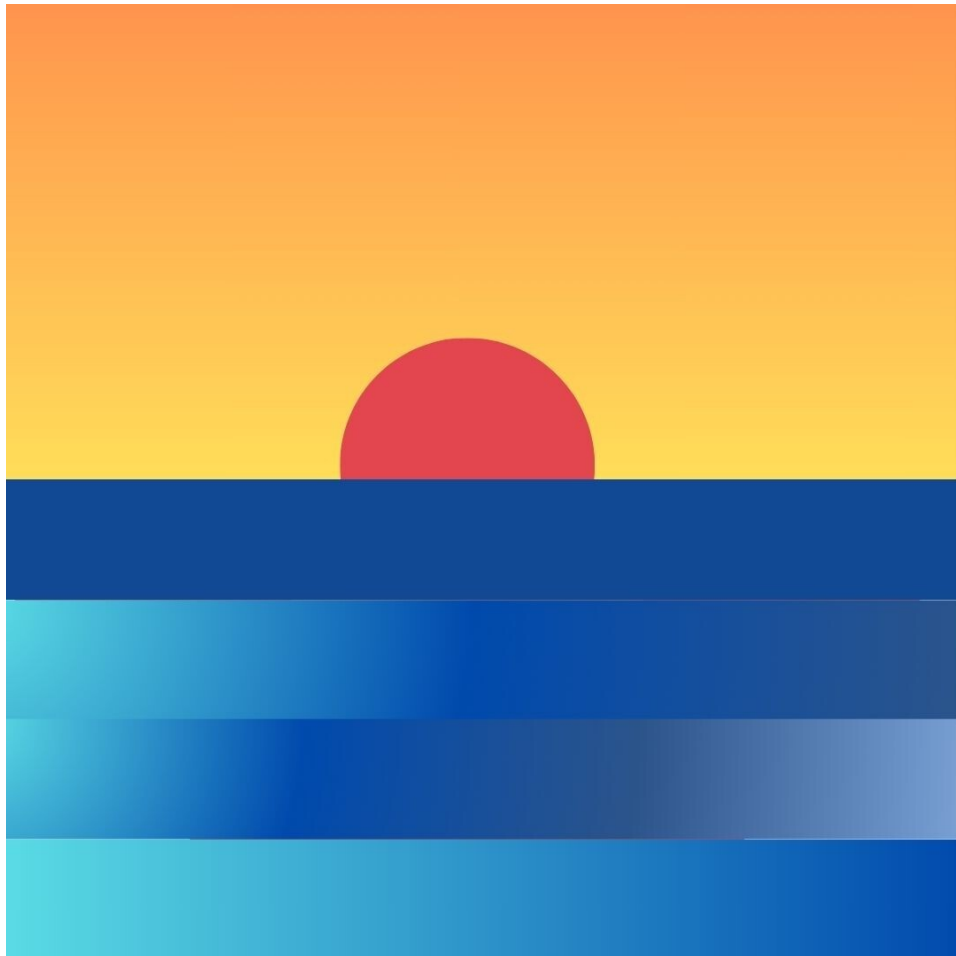
"Stronger" by Kelly Clarkson

Day 7: Celebrating Small Wins

"Small Steps, Big Victories: Recognizing and Celebrating Your Progress"

Reflection: "The journey is just as important as the destination."

"Here Comes the Sun" by The Beatles



Week 2 - Recalibration

A week to allow for physical and emotional healing as you learn to cope with cravings and stress.

Day 8: Sleep and Recovery

"Rest as Part of Recovery: Healing Through Sleep"

Reflection: "Your body is healing; rest is part of the process."

"Come Away With Me" by Norah Jones

Day 9: Mood Swings

"Riding the Emotional Rollercoaster: Navigating Mood Swings in Early Sobriety"

Reflection: "This too shall pass."

"Let It Be" by The Beatles

Day 10: Physical Symptoms

"Healing Takes Time: Understanding the Physical Symptoms of Early Sobriety"

Reflection Quote: "The soul always knows how to heal itself. The challenge is to silence the mind."

"Shake It Off" by Taylor Swift

Day 11: Gratitude

"Shifting Your Focus: Finding Gratitude in the Early Stages of Sobriety"

Reflection: "Gratitude turns what we have into enough."

"What a Wonderful World" by Louis Armstrong

Day 12: Developing Healthy Habits

"Building a Strong Foundation: Creating Healthy Habits to Support Your Sobriety"

Reflection: "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

— Aristotle

"Eye of the Tiger" by Survivor

Day 13: Managing Stress

"Finding Calm Amidst the Chaos: Learning to Manage Stress Without Alcohol"

Reflection: "It's not the load that breaks you down, it's the way you carry it." — Lou Holtz

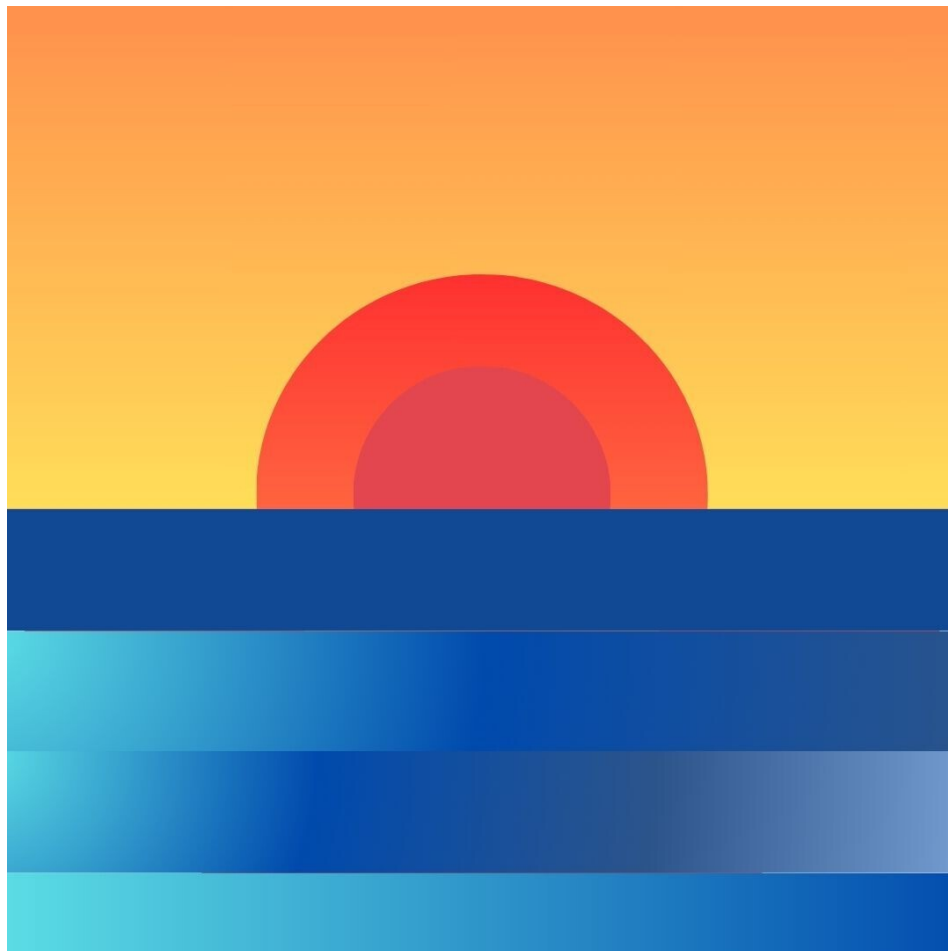
"Shout" by Tears for Fears

Day 14: Building a Support System

"Stronger Together: The Power of a Support System in Sobriety"

Reflection: "Surround yourself with only people who are going to lift you higher." —
Oprah Winfrey

Day 14: "Lean on Me" by Bill Withers



Week 3 - Empathy

Deepening your emotional awareness and helps you embrace your feelings without numbing them with alcohol.

Day 15: Embracing Emotions

"It's Okay to Feel: Learning to Embrace Your Emotions in Sobriety"

Reflection: "It's okay to feel. Numbing isn't the answer anymore."

"Brave" by Sara Bareilles

Day 16: Journaling Your Feelings

"Putting Pen to Paper: Journaling as a Path to Emotional Clarity"

Reflection: "Journaling is like whispering to oneself and listening at the same time." — Mina Murray

"Unwritten" by Natasha Bedingfield

Day 17: Addressing Loneliness

"You Are Not Alone: Navigating Loneliness in Sobriety"

Reflection: "Sometimes, you need to be alone—not to be lonely, but to enjoy your free time being yourself." — Anonymous

"The Best" by Tina Turner

Day 18: Cultivating Patience

"Trust the Process: Learning to Be Patient with Yourself in Sobriety"

Reflection: "Patience is not the ability to wait, but the ability to keep a good attitude while waiting." — Joyce Meyer

"Don't Stop Believin'" by Journey

Day 19: Forgiveness of Self

"Letting Go to Move Forward: The Power of Self-Forgiveness in Sobriety"

Reflection: "Forgive yourself for not knowing what you didn't know before you learned it."

"Three Little Birds" by Bob Marley

Day 20: Recognising Growth

"See How Far You've Come: Acknowledging the Growth in Your

Reflection: "Progress is progress, no matter how small."

"Beautiful Day" by U2

Day 21: Practicing Mindfulness

"Be Present: Finding Peace Through Mindfulness in Sobriety"

Reflection: "Mindfulness is the miracle by which we master and restore ourselves." —
Thich Nhat Hanh

"River Flows in You" by Yiruma



Week 4 - Solidify

Strengthening your new habits and sets you up for long-term success.

Day 22: Creating New Routines

"Laying a New Foundation: Building Daily Routines That Support Sobriety"

Reflection: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

"Best Day of My Life" by American Authors

Day 23: Maintaining Relationships

"Strengthening Connections: Building Healthy Relationships in Sobriety"

Reflection: "The most important relationship in your life is the one you have with yourself." — Diane von Furstenberg

"Fix You" by Coldplay

Day 24: Handling Setbacks

"Bouncing Back: Building Resilience to Handle Setbacks in Sobriety"

Reflection: "Our greatest glory is not in never falling, but in rising every time we fall." — Confucius

"Titanium" by David Guetta ft. Sia

Day 25: Finding Joy Without Alcohol

"Rediscovering Happiness: Exploring New Sources of Joy in Sobriety"

Reflection: "Joy is not in things; it is in us." — Richard Wagner

"Happy" by Pharrell Williams

Day 26: Embracing Meditation

"Meditation: Moments of Stillness"

Reflection: "To begin to meditate is to look into our lives with interest in kindness and discover how to be wakeful and free."

"Soul Merge" by Ashana

Day 27: Building Confidence

"Believing in Yourself: Strengthening Confidence in Your Sobriety Journey"

Reflection: "You are capable of maintaining sobriety."

"Fight Song" by Rachel Platten

Day 28: Embracing Love

"Let Love Be Your Guiding Force"

Reflection: "You yourself, as much as anybody in the entire universe, deserve your love and affection." — Buddha

"All You Need is Love" by The Beatles.

Day 29: Reconnecting with Yourself

"Rediscovering Your True Self: Embracing Who You Are in Sobriety"

Reflection: "Sobriety allows you to rediscover who you truly

"Ain't No Mountain High Enough" by Marvin Gaye & Tammi Terrell

Day 30: Looking Forward to Your New Chapter

"The Journey Continues: Embracing the Next Chapter of Your Sober Life"

Reaching 30 days of sobriety is a significant accomplishment, but it's not the end of the journey—it's the start of a new chapter.

"Unstoppable" by Sia

The Way Forward:

"Feeling Good" by Nina Simone's

Feedback

I would love to hear about your experience with this book.

What days or subjects resonated most with you, are there any that didn't?

If you would be kind enough to leave a review for the book, I would be extremely grateful.

Email: robin@robinfeelinggood.com using the heading FEEDBACK



Helpful Links

Playlist

Containing all the songs I have recommended in this book:

[Spotify Playlist](#) .

Website

Where you can find all my contact details and links to my socials on my website.

[Robin Feeling Good](#)


Order the book here:

[One Month, One Change: The Sober Reset](#)

Community

If you would be interesting to join an online group where you can meet with like-minded souls who are on a similar journey, then let me know and I will create one on facebook.





I am a passionate advocate for personal transformation and a recovering alcoholic who truly understands the challenges of breaking free from drinking. After overcoming my own struggles with alcohol, I discovered a deep connection to the journey of recovery. Through this process, I found clarity, confidence, and purpose in sobriety—and I'm now dedicated to helping others do the same.

I wrote *One Month, One Change: The Sober Reset* because I know how isolating it can feel to struggle with alcohol. I've always been a firm believer in self-development, and this book is my way of sharing the tools and insights that helped me create a life I love.

This book is designed to provide support, encouragement, and practical steps for anyone ready to take control of their relationship with alcohol. Whether you're just beginning to explore sobriety or looking for resources to strengthen your journey, my hope is that this work will inspire you to discover the freedom, joy, and strength that come from living life on your own terms.

