

Today is _____

I'm Grateful Recovering Alcoholic _____ days Sober

- Modeh Ani, LORD's and Sobriety Prayers
- I will go to _____ meeting today
- I will avoid trigger people/places/things

- Desire to drink:
- Choice Process
 - Replay whole tape
 - This too will pass
 - Call Sponsor/Friend

- Angry or Frustrated:
- Can I change it? No ↓
 - Take a break to deescalate!
 - Write out causes & feelings.
 - How to make the best of it?

Step 10/Gratefulness:

- Bedtime Blessing

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