

THE FIRST 7 DAYS: A GROUNDING GUIDE FOR YOUR SOBER START



STARTING DATE:

Day 1: Get Clear on Why

Write a letter to your Day 8 self

Example: "What are you no longer available for?"

Day 2: Make it Safe

Checklist: Removing or hiding triggers

Self-inventory: Who or what gives you energy right now?

Day 3: Cravings

Journal : "What do I actually need right now?"

5-minute grounding practice to ride the wave

**YOU
GOT
THIS!**

Day 4: Connections

Journal tips for finding support without pressure

Starter ideas: digital detox, one safe friend, journaling

Day 5: Stick To It

Visualization. A list of encouragements for when I want to quit

Day 6: Celebrate Something

Wins tracker

Day 7: The Journey

Journal

Continue the Journey

[illegible]

Day 2: List of Triggers to Remove/Hide

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DAY 3 GROUNDING EXERCISE



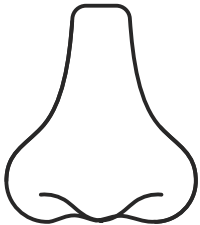
ACKNOWLEDGE 5 THINGS YOU CAN SEE AROUND YOU RIGHT NOW



ACKNOWLEDGE 4 THINGS YOU CAN TOUCH RIGHT NOW



ACKNOWLEDGE 3 THINGS YOU CAN HEAR AROUND YOU RIGHT NOW



ACKNOWLEDGE 2 THINGS YOU CAN SMELL RIGHT NOW



ACKNOWLEDGE 1 THING YOU CAN TASTE RIGHT NOW

DATE :

[illegible]



“When I Want to Give Up”

- “This moment does not define me. This is just a hard moment – not a failure. Not forever. Just now.”
- “I can feel the urge. I can notice the craving. And I can still choose not to act on it.”
- “Right now, I’m giving myself space to feel what’s true. Not to fix, numb, or run – just to feel.”
- “I’ve made it through hard things before. I am stronger than this moment.”
- “I’m allowed to want comfort. But I don’t need to sabotage myself to get it.”
- “This urge will pass. It always does. I will not build a life I don’t want over a feeling that doesn’t last.”
- “My future self is already proud of me. They’re waiting for me on the other side of this – calm, clear, and steady.”

One decision at a time. One breath at a time. I’ve got this.

You are doing
GREAT!

DAY 6: WINS!

DATE :

WOKE UP TODAY

DAY 7: WHAT HAVE I LEARNED ABOUT ME THIS WEEK?

DATE :



CONTINUE THE JOURNEY!

WITH

SOBER AWAKENING!

HEAD ON OVER TO

SOBERAWAKENING.COM