After a Slip

> *"Be not disgusted, nor discouraged, nor dissatisfied, if you do not succeed in doing everything according to right principles, but when you have failed, return back again."*
>
> Marcus Aurelius, Meditations 5.9 (tr. Long, adapted)

Wait until you are sober and have slept. Write as if you were describing someone else's evening, with the facts and no adjectives. Shame wants a verdict. This sheet only wants information you can use.

What happened (facts only)

The chain

Work backwards from the first drink.

How I was (hungry, angry, lonely, tired?)	
What set it off	
The thought that gave permission	
The moment I could have chosen differently	

The story my mind is telling now

e.g. "I've ruined everything."

What is actually true

e.g. "I drank once. The days before still count."

What I will change

The next 24 hours

Who I will tell, where I will be, what I will remove from the house.

If you have been drinking heavily for several days, do not stop suddenly without medical advice. Speak to a GP, NHS 111 or a local alcohol service.