My Christmas Plan

> *"It shows much more courage to remain dry and sober when the mob is drunk and vomiting; but it shows greater self-control to refuse to withdraw oneself and to do what the crowd does, but in a different way."*
>
> Seneca, Letters 18 (tr. Gummere)

Fill this in at the start of December. For each event, decide the drink, the leaving time and the person you will text. Seneca's advice was not to hide away, but to take part in a different way - and to skip what is too much.

EVENT AND DATE	HARDEST MOMENT	MY DRINK	LEAVING AT	WHO I WILL TEXT

Christmas Day: my anchors

A walk, the daily reading, jobs to do, a call.

The days in between

One fixed point each day.

Leftover alcohol in the house - what happens to it

If I feel lonely or low

Who I will contact; Samaritans 116 123 every day.

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