The Honest Ledger

> *"State that drunkenness is nothing but a condition of insanity purposely assumed."*
>
> Seneca, Letters 83 (tr. Gummere)

The Stoics practised looking at things as they really are, stripped of the glamour we give them. Fill in both columns slowly and specifically. When the urge starts arguing, read the right-hand column back.

What drinking promises

Relief, sleep, confidence, fun, a reward.

What it has actually cost

Health, sleep, money, work, people, self-respect.

The next drink, played forward

Tonight, after the first one	
Tomorrow morning	
A week from now	

A year from now, if I keep going

A year from now, if I stop

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