My Dry January

> *"Set aside a certain number of days, during which you shall be content with the scantiest and cheapest fare, with coarse and rough dress, saying to yourself the while: "Is this the condition that I feared?""*
>
> Seneca, Letters 18 (tr. Gummere)

Seneca recommended setting aside days to practise doing without, to find out that the thing you feared is bearable. Treat the month as an experiment, not a test. Weekly notes, not a daily score.

Why I am doing this, in one honest sentence

Three things I want to find out

Getting ready

- [ ] Alcohol out of the house
- [ ] Drinks I enjoy stocked up
- [ ] Told one or two people
- [ ] First Friday planned
- [ ] First social event planned

WEEK	WHAT I NOTICED (SLEEP, MOOD, MONEY, MORNINGS)	HARDEST MOMENT	WHAT HELPED
1			
2			
3			
4			
5			

February: what changed, what was hard, and what do I want now?

If you drink heavily every day, or feel shaky or unwell when you stop, speak to your GP before starting. Alcohol withdrawal can be dangerous.

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