Early Warning Signs

> *"Nothing great, said Epictetus, is produced suddenly, since not even the grape or the fig is."*
>
> Epictetus, Discourses 1.15 (tr. Long)

Recovery grows slowly, and so does a slide back. Think about times you drank after a break: what was happening in the days and weeks before? Write your signs in your own words, and one action for each.

	MY EARLY SIGNS	WHAT I WILL DO WHEN I NOTICE THEM
Feelings *irritable, flat, restless, resentful*		
Thoughts *"I've got this", "one won't hurt", "what's the point"*		
Behaviour *skipping routines, isolating, keeping secrets*		
Situations *stress, celebrations, money, conflict*		

Someone who could tell me if they notice these signs

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