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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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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