Urge Log

> *"Do not disturb yourself by thinking of the whole of your life… but on every occasion ask yourself, What is there in this which is intolerable and past bearing?"*
>
> Marcus Aurelius, Meditations 8.36 (tr. Long, adapted)

Log each urge as soon as you can, whether or not you acted on it. Strength is 0 to 10. "What I told myself" is the exact sentence, such as "I deserve it" or "just one". After a week, read it back and circle what repeats.

DAY / TIME	WHERE / WHO WITH	WHAT SET IT OFF	STRENGTH	WHAT I TOLD MYSELF	WHAT I DID	HOW LONG UNTIL IT EASED

At the end of the week: what repeats?

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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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My Trigger Map

> *"Do you ask me what you should regard as especially to be avoided? I say, crowds; for as yet you cannot trust yourself to them with safety."*
>
> Seneca, Letters 7 (tr. Gummere)

Seneca was honest about the places that still unsettled him. Do the same. Write freely in each box, then circle the three that come up most often. Those three are the ones to make if-then plans for.

People

Who do I tend to drink with, or after seeing?

Places

Pubs, shops, rooms, routes, the chair at home.

Times

Days, hours, paydays, anniversaries, seasons.

Feelings

Stressed, lonely, bored, angry, ashamed, happy?

Thoughts - the exact sentences my mind uses

For example: "I deserve it", "just one", "I'll start again Monday".

My top three, and where I will plan for them

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Why I'm Stopping

> *"How long, then, will you delay to demand of yourself the noblest improvements, and in no instance to transgress the judgments of reason?"*
>
> Epictetus, Enchiridion 51 (tr. Higginson)

Be specific and honest. "My health" is a start; "I want to stop waking at 4am with my heart racing" is a reason. Then write to the version of you who will be standing at the shop door. Be kind, and be direct.

What drinking has been costing me

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

What I want back, or want to build

The moment I knew something had to change

A letter to me, on a hard night

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What a Week of Drinking Costs

> *"Nothing, Lucilius, is ours, except time."*
>
> Seneca, Letters 1 (tr. Gummere)

Think of a typical week, not your best or worst. Be honest about amounts. The aim is not to shame yourself, only to see clearly. The last section is the useful part: what you would rather do with it.

DAY	WHAT I USUALLY DRINK	COST	TIME SPENT DRINKING OR RECOVERING	MORNINGS AFTER
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week: £ _____ Month: £ _____ Year: £ _____ Hours a week: _____

What I would rather spend the money on

What I would rather do with the time

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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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