

# **ARE YOU SOBER CURIOUS? WORKSHEET**

## **SOBER CURIOUS**

“Sober Curious” is a term that describes a growing trend where people explore a lifestyle of sobriety or reduced alcohol consumption out of curiosity, rather than necessity. With new research showing that substances like alcohol have no proven health benefits, people are starting to question the role alcohol or substances play in their lives and seeking alternatives to prioritize and protect their own physical and mental health.

## **REFLECTING ON YOUR RELATIONSHIP WITH ALCOHOL OR SUBSTANCES**

**Describe your current relationship with alcohol or substances. How often do you consume them, and in what contexts?**

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**Reflect on the role alcohol or substances play in your life. Do you use them to cope with stress, numb emotions, or enhance social experiences?**

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**Consider any negative consequences or challenges associated with your alcohol or substance use. How does it impact your physical health, mental well-being, relationships, or other aspects of your life?**

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**Explore any underlying reasons or triggers that may contribute to your consumption of alcohol or substances. This could include stress, trauma, social pressure, or cultural influences.**

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**EXPLORING SOBRIETY AND BEING SOBER CURIOUS**

Define what “sober curious” means to you. How does the idea of exploring sobriety resonate with your personal health and healing journey?

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Reflect on any fears or uncertainties you have about embracing sobriety. Are there social settings or relationships you’re nervous about that may be impacted by changing your use of substances?

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Consider alternative coping strategies or activities that align with your sober curious journey. This could include movement, mindfulness practices, creative outlets, or connecting with supportive communities.

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**SETTING INTENTIONS AND TAKING ACTION**

Identify specific goals or intentions related to your journey toward sobriety. What steps can you take to reduce or eliminate your consumption of alcohol or substances? For example: If you're exploring abstaining from alcohol, what kind of substitutes can you make readily available for mocktail ingredients or non-alcoholic beverages?

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Pause and reflect on any possible changes in your physical and mental health. It's not uncommon for people who are changing their relationship to alcohol or other substances to experience shifts in mood and physical symptoms. It's important to consider what it would look like to observe these changes compassionately.

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Create a plan for navigating social situations or environments where alcohol or substances are present. How can you create boundaries and prioritize your well-being while still participating in meaningful connections and activities?

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As you move through this journey, do not forget that you don't have to do this "perfectly." Celebrate your progress and achievements, no matter how seemingly small. Remember your journey is one of self-love and care.

**Keep moving forward with hope and resilience,  
knowing that you are supported and worth the effort.**