

THE LAST LINK

ON ONE PAGE

The tools in this book, for the day you need them fast.

THE LOOP Spot where you are and step off as early as you can.



QUIET SIGNS

A trigger gives you seconds. A quiet sign gives you days. When one shows up, ask: is it **overwhelm**?

- Name It
- Shrink It
- Share It

HALT

A quick check before you react.

H A L T
HUNGRY ANGRY LONELY TIRED

THE FIVE BOXES Every day

- ☐ Prayed or Meditated
- ☐ Read a Book
- ☐ Helped Someone
- ☐ Exercised
- ☐ Talked to Someone

THE ONE-PERSON RULE

Whatever you find out about yourself, tell one person. Face to face or in a message. One line will do.

MY ONE PERSON _____

IF IT HAPPENS My rescue plan. In this order.

- 1 Call someone straight away and fess up.
- 2 Get to the nearest meeting as soon as possible.
- 3 It's not the end of the world and not square one. Take the controls.
- 4 Find the root cause. On my triggers list or something new?
- 5 Go and stay somewhere safe while you get it sorted.

Been drinking heavily for more than a day or two? Put your GP at the top of the list. Stopping suddenly can be dangerous.

AA
0800 9177 650
free, 24 hours

DRINKLINE
0300 123 1110

SAMARITANS
116 123
free, 24 hours

EMERGENCY
999

MY LOOP

Reason, relief, regret, repeat. The last three times you went round.

- 1** Fill in the four boxes for each of the last three times you drank.
- 2** Circle any Regret that became the next Reason.
- 3** Then use the next page to look back at all three.

ROUND 1

REASON
What set it off?

→

RELIEF
What did it do for me?

→

REGRET
The morning after

→

REPEAT
What did I promise?

↑ AND ROUND AGAIN ↓

ROUND 2

REASON
What set it off?

→

RELIEF
What did it do for me?

→

REGRET
The morning after

→

REPEAT
What did I promise?

↑ AND ROUND AGAIN ↓

ROUND 3

REASON
What set it off?

→

RELIEF
What did it do for me?

→

REGRET
The morning after

→

REPEAT
What did I promise?

↑ AND ROUND AGAIN ↓

HINT Not "stress", but what the stress was actually about. Not "a few", but how many and where. The loop hides in vague words, so pin it down.

MY LOOP

Now look back at your three rounds.

Where could I have stepped off earliest?

The first moment I could have done something different

What was I really feeling before the first drink?

Bored, lonely, angry, anxious? Name it

Who could I have told and what would I have said?

A name and the words I could have used

MY REASONS

Every reason to drink you can think of and what it was really after.

- 1 List every reason.
Don't edit it, just write.
- 2 Circle what each one
was really after.
- 3 See which column fills
up most.

Comfort: To Feel Better

Company: Not to Be Alone

Escape: A Break From My Head

Reward: I Deserve It

Courage: To Fit In, To Talk

MY REASON	COMFORT	COMPANY	ESCAPE	REWARD	COURAGE
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐

What were most of my reasons really after?

The column with the most circles

HINT A reason is the story you tell yourself so the drink makes sense: "I deserve one after the week I've had." What actually happened just before it is the trigger. Triggers get their own page, so keep this list handy.

MY TRIGGER MAP

Your top three triggers and what you'll do when they turn up.

- 1 Think about what usually happens just before you want a drink.
- 2 Write your top three triggers. Tick their kind.
- 3 Decide now what you'll do instead.

1

MY TRIGGER

What happens just before I want a drink

☐ Feeling ☐ Situation ☐ People ☐ Date or Place ☐ Body

WHEN IT USUALLY ARRIVES

Day, time or place

WHAT I'LL DO INSTEAD

Something I can do in that moment

2

MY TRIGGER

What happens just before I want a drink

☐ Feeling ☐ Situation ☐ People ☐ Date or Place ☐ Body

WHEN IT USUALLY ARRIVES

Day, time or place

WHAT I'LL DO INSTEAD

Something I can do in that moment

3

MY TRIGGER

What happens just before I want a drink

☐ Feeling ☐ Situation ☐ People ☐ Date or Place ☐ Body

WHEN IT USUALLY ARRIVES

Day, time or place

WHAT I'LL DO INSTEAD

Something I can do in that moment

Which trigger surprised me most?

Who will I call when one hits? Call, don't just text.

NAME

NUMBER

HINT A trigger is something that happens: a Friday afternoon, a row, a sunny beer garden. It doesn't make you drink, it makes you want to. Deciding what you'll do before it arrives is what closes the gap.

MY QUIET SIGNS

The slow drift that starts weeks before the drink.

- 1 Pick three signs. Ideas are below.
- 2 Write what each looks like and its opposite.
- 3 Score them weekly: 0 not at all, 1 a bit, 2 a lot.

- Going Quiet on People
- Skipping Things I Enjoy
- Sleeping Badly
- Unopened Post
- Snapping at People
- Eating Rubbish
- Late-Night Scrolling
- Getting Hurt or Run Down

1

MY SIGN

Something that slips before a drink

LOOKS LIKE

What I or others would notice

OPPOSITE I'LL DO

The healthy opposite

2

MY SIGN

Something that slips before a drink

LOOKS LIKE

What I or others would notice

OPPOSITE I'LL DO

The healthy opposite

3

MY SIGN

Something that slips before a drink

LOOKS LIKE

What I or others would notice

OPPOSITE I'LL DO

The healthy opposite

WEEKLY CHECK	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sign 1				
Sign 2				
Sign 3				

Anything scored a 2? Is it overwhelming?

Name it. Shrink it to one thing. Share it.

Who will I tell my signs to? Ask them to call if they spot one.

NAME NUMBER

HINT Be specific. "I stop answering Mum" is better than "I withdraw". A sign you can picture is a sign you can catch.

MY GREY SCALE

Where you sit today and which way you're moving.

- 1 Score each question 0 to 10 for the last month.
- 2 Score them again as you would have a year ago.
- 3 Add up both columns and mark both totals on the scale.

0 Never 2 Rarely 5 Sometimes 8 Often 10 Almost Always

Go with your first honest answer. If a question asks about more than one thing, score whichever happens most.

	LAST MONTH	A YEAR AGO
1 How often do I find a reason to drink, good day or bad?		
2 How often do I drink to change how I feel?		
3 How often does one drink turn into a session I didn't plan?		
4 How often do I wake up regretting what I said, spent or missed?		
5 How often do I promise myself 'never again', then go round again?		
6 How often do I hide, play down or lie about my drinking?		
7 How often do I go quiet or put things off because of drinking?		
8 How often do I think about drinking when I'm not drinking?		
9 How often does drink decide my plans for me?		
10 How often do I tell myself I'll cut down, then don't?		
MY TOTAL OUT OF 100		

MARK YOUR TOTALS L for last month, Y for a year ago



WHICH WAY AM I MOVING? ☐ Lighter ☐ Darker

HINT This is a mirror, not a medical test. No score means you're safe. It asks about the loop, not how much you drink. For that, your GP has the AUDIT questionnaire, the proper check doctors use.

MY NOT YETS

What you've already lost and what's still on the table.

- 1** Write down what's already gone.
- 2** Write your not yet's: what you could lose next.
- 3** Finish the sentences, then tell one person.

ALREADY GONE

Evenings, trust, mornings, the person I used to be

NOT YET

Things I haven't lost so far but could

The "not yet" that scares me most
Something I haven't lost yet but would hate to

If I got off the lift today, the first thing I'd do is...
The lift only goes down. Getting off means stopping now

Who will I tell about my not yet's? Saying it to someone makes it real.

NAME _____ **NUMBER** _____

HINT Every time you catch yourself saying "I haven't lost...", add the word "yet". Leave money out of this page: the sums get their own page later on. Here, count the things that don't come with a bill.

MY HAND UP

Say it once, out loud, to one person.

- 1 Write your sentence.
Short and plain.
- 2 Pick who you'll tell
and when.
- 3 Afterwards, write
down how it felt.

THE SENTENCE What I'll say to ask for help, in my own words

WHO I'LL TELL FIRST One person is enough

NAME NUMBER

DAY TIME

WHAT I'M SCARED OF

About telling them

WHAT I'M HOPING FOR

From telling them

ONE MEETING OR GROUP TO TRY Just know where it is.

DAY TIME

WHERE

Afterwards, it felt...

HINT Keep the sentence plain: "I can't do this on my own." The plainer it is, the harder it is to wriggle out of later. Drinking heavily every day? Put your GP on the list and speak to them before you stop.

MY GOODBYE LETTER

A letter to the thing you keep going back to. Talk to it, not about it.

- 1 Write to it as "you", not "it".
- 2 Work down the prompts. Take your time.
- 3 Sign it, date it, read it to one person.

Dear _____ ,

WHAT YOU GAVE ME, OR PROMISED TO The good bits too

WHAT YOU ACTUALLY TOOK Time, money, people, mornings

HINT Be honest about the good bits too. If you pretend it was all bad, part of your head keeps a little shrine to the good times. You don't have to be angry. You just have to be done.

CONTINUED

MY GOODBYE LETTER

Keep going. Talk to it, not about it.

WHY I CAN'T KEEP FIGHTING YOU ON MY OWN

WHAT YOU DON'T GET ANY MORE What I'm keeping for myself now

HOW I'M LEAVING What I'm doing instead, starting now

SIGNED _____ **DATE** _____

MY ROOMS

Try a few meetings or groups. Mark them honestly. Find the ones that fit.

- 1 After each one, give it a mark out of 5.
- 2 Put it in a pile: To Go, May Go, To Try or No Go.
- 3 Pick a favourite and someone to have a coffee with.

MEETINGS I'VE TRIED

- To Go: A Regular
- May Go: A Good Backup
- To Try: Not Been Yet
- No Go: Not for Me

MEETING	WHEN	OUT OF 5	PILE	ONE LINE ON WHY

SAYINGS THAT STUCK Things I heard that stayed with me

MY FAVOURITE MEETING The one I'll aim for every week

Someone whose story sounds like mine Ask them for a coffee

INITIALS

COFFEE BY

Date

HINT One room that doesn't click doesn't mean meetings aren't for you. It means that room isn't yours. You'll know you've found one when you stop counting the exits and sit back in your chair.

MY PEOPLE

Choose them on purpose this time.

- 1** Fill in who you'll keep close and who at a distance.
- 2** Put your first call at the top of your phone.
- 3** Tell one person they're on your list.

KEEP CLOSE People who back my sobriety, not just my company

WHO	WHY	STAYING IN TOUCH

HEALTHY DISTANCE People, places or plans that pull me back

WHO OR WHAT	WHY	WHAT I'LL DO INSTEAD

MY FIRST CALL Top of my phone, today

NAME _____ **NUMBER** _____

AND ME Three things I want to get back to

AT WORK _____

AT HOME _____

JUST FOR FUN _____

HINT Healthy distance isn't cutting people off. It's stepping back from the plans that only work with a drink in hand. You don't need to make an announcement or give a reason.

MY DEFECTS

What the drink was covering for and what you're growing towards.

- 1** List the habits the drink used to cover for.
- 2** For each, write what it looked like and the better habit.
- 3** Circle one and count it this week.

MY LIST Habits the drink covered for. Be honest, not polite

THE DEFECT	WHAT IT LOOKED LIKE	GROWING TOWARDS

THIS WEEK'S ONE Circle one above, then tick a box each time it shows up

THE ONE I'M WORKING ON _____

TIMES I CAUGHT IT ☐☐☐☐☐☐☐☐☐☐

WHAT I NOTICED _____

Who will I tell at the end of the week?

NAME _____ **NUMBER** _____

HINT A defect isn't proof you're broken. It's a habit the drink used to cover. Not sure where to start? Perfectionism, impatience, pride, hiding and needing to fit in are common ones.

MY TOOLBOX

What you'll reach for instead of a drink.

- 1 Write what winds you up and your tool.
- 2 Fill in Be Accepting, Let Go and The Vault.
- 3 Practise the pause where it doesn't matter.

Pause: Count to three before you react
Let Go: Can I control this? If not, let it be
Play the Tape: Picture three days on
Help Someone: Get out of your own head

Accept: Ask why they might be like that
Be Open: Try it before deciding it's daft
The Vault: Write it down, then let it go
Move: Get outside and move your body

WHAT WINDS ME UP And the tool I'll use next time

WHAT IT IS	MY TOOL

BE ACCEPTING A kinder story about someone who gets on my nerves

LET GO Something I'm carrying that isn't mine to control

THE VAULT A resentment, out of my head and on the page

HALT CHECK: AM I...

☐ Hungry

☐ Angry

☐ Lonely

☐ Tired

THE THREE-SECOND PAUSE

☐☐☐☐☐☐☐

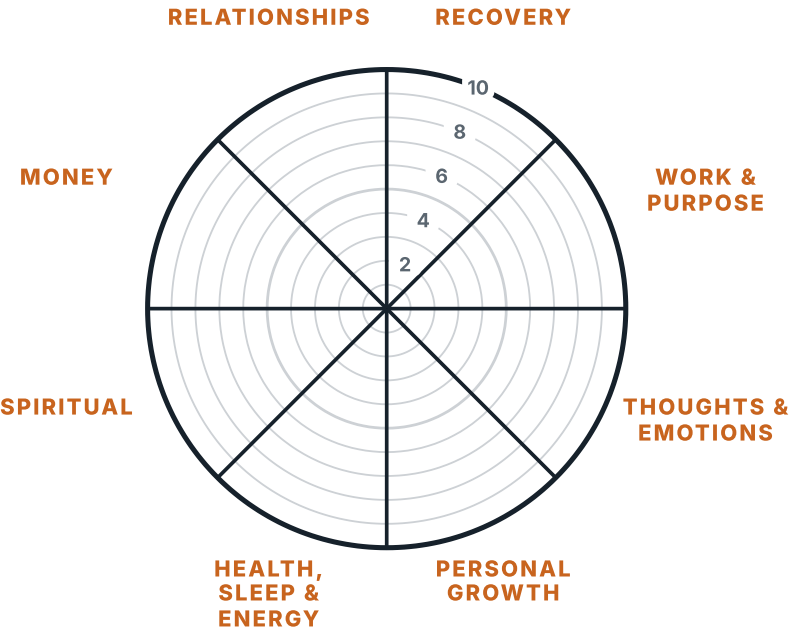
Tick when I paused

HINT Practise the pause in the queue at the shop, not just in a row. Count one, two, three before you answer. Then, when it really matters, it's already a habit.

MY LIFE WHEEL

Score eight parts of your life out of 10. Do it again in a month.

- 1** Score each area: 0 is the worst it could be, 10 couldn't be better.
- 2** Shade each slice from the centre out to its score.
- 3** Circle the lowest and pick one small thing for it.



AREA	TODAY	IN A MONTH
Recovery		
Work & Purpose		
Thoughts & Emotions		
Personal Growth		

AREA	TODAY	IN A MONTH
Health, Sleep & Energy		
Spiritual		
Money		
Relationships		

MY LOWEST AREA

ONE SMALL THING FOR IT THIS WEEK

HINT You're not after perfect scores. Most of life sits somewhere in the middle and that's where most of the work is. Start with the lowest slice and just one small thing.

MY WEEK

One box a day. Sober today is the goal that matters.

- 1 Fill in your day each evening.
- 2 Tick what you did.
Circle your mood: 1 awful, 5 great.
- 3 Tick sober if it's true.
Be honest.

MON

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

TUE

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

WED

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

THU

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

MY WEEK

The rest of the week and a craving you rode out.

FRI

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

SAT

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

SUN

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

A CRAVING I RODE OUT

How strong it was out of 10, before and after

BEFORE /10

AFTER /10

HOW LONG

WHAT I DID

HINT Talked means a real conversation with someone, not a text. Mood: 1 is awful, 5 is great. A bad day written down honestly still counts. A run of empty boxes is a quiet sign turning up early.

MY RESCUE PLAN

Write it on a good day. Follow it on a bad one.

- 1 Fill in each step now, while your head is clear.
- 2 Keep it with your letter.
- 3 Tell one person it exists.

1 MY FIRST CALL Straight away. Fess up.

NAME _____ NUMBER _____

BACK-UP _____ NUMBER _____

2 THE NEAREST MEETING OR GROUP Get there as soon as I can

WHERE _____ WHEN _____

3 IT'S NOT SQUARE ONE

Everything I've built is still mine. It may not all be my fault, but it is my responsibility to take the controls.

4 THE ROOT CAUSE Was it on my triggers list or something new?

THE QUESTION I'LL ASK MYSELF _____ e.g. Is it overwhelm?

5 WHERE I CAN STAY Away from my usual routine for a few days

Can't reach anyone? AA Great Britain: 0800 9177 650, free, 24 hours.
Drinkline: 0300 123 1110.
Drinking heavily again for more than a day or two? Put your GP at the top of this list.
Shaking, confusion or seeing things after stopping: call 999.

HINT Keep it short. If your plan needs a manual, you won't use it on the day. Five steps, in order, that you could follow with a head full of shame.

MY LETTER

From you today, to you on the day it happens.

- 1 Write it on a good day.
- 2 Fold it small.
- 3 Keep it in your wallet or bag. Tell one person it's there.

Dear _____ ,

THIS IS NOT THE END OF THE WORLD, BECAUSE...

What's still mine, even now

FIND THE ROOT OF IT

Was it on my triggers list or something new? Is it overwhelm?

HINT Write it kindly. If the letter shouts at you, you'll never open it. Talk to yourself like someone who's on your side, because on that day, you'll need one.

CONTINUED

MY LETTER

Keep going. Kindly.

REMEMBER ROCK BOTTOM... How it felt at the worst point

AND REMEMBER THE GOOD DAYS... What living feels like

WHAT TO DO RIGHT NOW
Who to call, where to go, the next step

SIGNED _____ **DATE** _____

MY SORRY

Thank you. Own it. What's changed. What happens next.

- 1 Pick one person from your list.
- 2 Work down the parts, with no buts.
- 3 Read it back, then decide when to give it.

WHO I OWE A PROPER SORRY TO Then pick one to start with

Dear _____ ,

THANK YOU For what they did and put up with

OWN IT What I did and how it hurt them. No excuses, no but

HINT If an apology has a "but" in it, everything before the "but" doesn't count. Not sure it's the right thing to do? Talk it through with someone first.

CONTINUED

MY SORRY

Keep going. No buts.

WHAT'S CHANGED What's different about me now

WHAT HAPPENS NEXT One promise I can keep

THEIR TURN
Questions they might ask, things I'm ready to hear

I'LL GIVE IT TO THEM ON _____ Date _____

MY SOBER MATHS

What it used to cost and what you get back.

- 1** Fill in a normal drinking week. Everything, not just the drinks.
- 2** Times it by 52, then by the years you drank like that.
- 3** Decide what you'll do with it and pick a reward.

A NORMAL DRINKING WEEK

Hours include getting over it

	PER WEEK	PER YEAR (× 52)	OVER ___ YEARS
MONEY			
EVENINGS			
HOURS			

WHAT I'M GETTING BACK

The things money can't buy

WHAT I'LL DO WITH IT

The money and the time

My reward at the end of this month

HINT

If the first number looks too low, it probably is. Count everything: the rounds, the taxis, the takeaways, the cigarettes and the 2am online shopping.

MY QUESTIONS

What you want to know now and what you know in a month.

- 1 Write every question about stopping.
- 2 Answer what you can today.
- 3 In a month, answer them all again.

MY DAY-ONE QUESTIONS Big, small, daft, anything

1

QUESTION

TODAY

IN A MONTH

2

QUESTION

TODAY

IN A MONTH

3

QUESTION

TODAY

IN A MONTH

4

QUESTION

TODAY

IN A MONTH

STILL STUCK? One I still can't answer and who I'll ask

THE QUESTION

WHO I'LL ASK

WHEN

THE ANSWER THAT CHANGED MOST _____ And how it changed _____

REMINDER SET FOR _____ Date, a month from now _____

HINT There are no stupid questions here. Will I be boring? Will I lose my mates? Will Christmas ever be fun again? Write them all down. Most of the scary ones look different after a month of answers.

MY TIME CAPSULE

A letter to you, to open in three months.

- 1** Fill in what living looks like.
- 2** Write the letter and date it.
- 3** Seal it, put the date in your phone, don't open it early.

WHAT LIVING LOOKS LIKE In three months, one line for each

PERSONAL _____

WORK _____

HOME _____

HOBBIES _____

RECOVERY _____

THE LETTER To me, in three months

OPEN ON _____ Date

WHERE THIS STARTED Where I am today and how I got here

HINT The real work is the writing, not the opening. By the time you read it, you'll already know what it says. That's fine: writing it did the job.

CONTINUED

MY TIME CAPSULE

Keep going, then seal it.

THE BIG ONES I'LL PROBABLY FACE Dates or events coming up

QUESTIONS TO ANSWER HONESTLY For me, when I open it

IF IT HASN'T GONE TO PLAN What I would need to hear

FROM ME, ON _____ Date _____