



Thanksgiving Without Alcohol: How to Cope



Thanksgiving can be a challenging time for those in recovery, but with some planning, you can thrive. Use this worksheet to prepare yourself to enjoy a sober Thanksgiving.

Find Your Support System

Make sure someone at Thanksgiving knows you've stopped drinking. It can help you stay accountable.

Names:

- _____
- _____
- _____

Bring Your Own Drinks

Having something non-alcoholic you enjoy makes it easier to say no.

What non-alcoholic drinks will you bring or request?

- _____
- _____
- _____

Have your own transportation

How will you get home if you feel uncomfortable?

Make your plans:

Find Support

If Thanksgiving includes traveling, search up 12 step meetings where you will be:

Name: _____

Location: _____

Time: _____



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If you're struggling to avoid alcohol during the holidays, it may signal a pending relapse. Call our Recovery Advocates at 855-623-0398 today for help.



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Handle Your Cravings

Here are some common triggers and coping strategies to help. Take time to identify your own triggers and make a plan to avoid or manage them.

Trigger

Places You Drink

Physical Symptoms

Overwhelming Emotions



Coping Strategy

Avoid & Plan Alternative

Engage in Distracting Activity

Talk It Through

Keep Inspiration Near You

Writing about why you chose sobriety can serve as a powerful reminder of your journey. You can also include your favorite quote that inspires you to stay committed.

Why statement: _____

Quote: _____



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Practice Gratitude

Reflecting on what you've gained in sobriety helps reinforce your commitment to staying sober.

- ✓ _____
- ✓ _____
- ✓ _____

Journal Your Thoughts

If you're feeling overwhelmed by your environment, step away from the situation and take a few moments to journal. This can provide clarity and help you regain control of your emotions.



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