

# DRIFT CHART INSTRUCTIONS

1. Write down 4-5 healthy activities that you need to do on a regular basis to stay sober.

This is completely personal and up to you, but I've included some examples here to give you some ideas.

Make sure they're activities that you could check off on a list. So instead of writing, "Be Strong" you could write, "Go to a recovery meeting."

2. Now write down a list of things you need to AVOID to stay sober.

I've included some examples here.

HEALTHY BEHAVIORS	WK 1	WK 2	WK 3	WK 4
Eat 3 meals a day at regular times	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to all my group therapy meetings	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be home by 9pm and in bed by 11pm	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to my sponsor every day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to 3 recovery meetings a week	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RISKY BEHAVIORS	WK 1	WK 2	WK 3	WK 4
Don't walk around with cash in my wallet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay away from areas of town where I used to buy drugs	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid spending time with friends I used to use or drink with	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

