# Sobriety Calendar

## How to use it

- Write the month at the top of a page. Cross out any days the month doesn't have.
- Each night before bed, fill in the circle for a sober day. A star, a check or a color all work.
- Pray as you mark it. Thank God for the day.
- At the end of the month, count your days and write the number at the top.
- Keep it where you'll see it in the morning: the fridge, the bathroom mirror, inside your Bible.

## If you slip

Don't tear up the calendar. The days you marked were real, and so was God's help on each one. Call your sponsor, get to a meeting, and tell the truth. If you've been drinking heavily, see a doctor before you stop again, because withdrawal can be dangerous. Then mark tomorrow and keep going. Many people find their recovery got stronger after an honest look at a slip.

**1.** My sobriety date:

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**2.** Who I'll show this calendar to each month:

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**3.** Why I'm counting these days:

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**Month: _____**

**Sober days this month: _____**

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## SCRIPTURE

> *"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."*
>
> LAMENTATIONS 3:22–23 · ESV

> *"So teach us to number our days that we may get a heart of wisdom."*
>
> PSALM 90:12 · ESV

> *"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*
>
> GALATIANS 6:9 · ESV